



Pan-Seared Scallops on Linguine with Tomato-Cream Sauce

READY IN



45 min.

SERVINGS



2

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon butter cut into small pieces
- ☐ 2 servings cilantro leaves chopped
- ☐ 1.5 cups linguine hot cooked
- ☐ 1 cup wine dry white
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 tablespoons juice of lime fresh

- ☐ 0.7 cup plum tomatoes seeded chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound scallops
- ☐ 0.3 cup shallots minced
- ☐ 2 tablespoons whipping cream

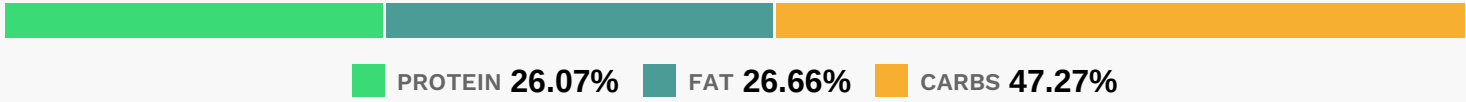
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ Combine first 4 ingredients in a medium skillet; bring to a boil. Cook until reduced to 1/2 cup (about 5 minutes).
- ☐ Drain mixture through a fine sieve into a bowl, reserving liquid; discard solids.
- ☐ Return wine mixture to skillet.
- ☐ Add cream; cook over medium heat 1 minute.
- ☐ Add butter, stirring until butter melts. Stir in tomato, 2 tablespoons cilantro, 1/4 teaspoon salt, and pepper.
- ☐ Add linguine; toss well. Cover and keep warm.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Sprinkle scallops with 1/8 teaspoon salt. Arrange scallops in pan; cook 2 minutes on each side or until done.
- ☐ Add scallops to pasta mixture; toss gently to combine.
- ☐ Garnish with cilantro, if desired

Nutrition Facts



Properties

Glycemic Index:146.25, Glycemic Load:17.91, Inflammation Score:-8, Nutrition Score:20.190000145332%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.83mg, Hesperetin: 1.83mg, Hesperetin: 1.83mg, Hesperetin: 1.83mg Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 531.25kcal (26.56%), Fat: 13.17g (20.26%), Saturated Fat: 7.49g (46.84%), Carbohydrates: 52.54g (17.51%), Net Carbohydrates: 48.51g (17.64%), Sugar: 6.92g (7.69%), Cholesterol: 72.82mg (24.27%), Sodium: 1167.46mg (50.76%), Alcohol: 12.36g (100%), Alcohol %: 2.85% (100%), Protein: 28.97g (57.95%), Selenium: 51.53µg (73.61%), Phosphorus: 703.58mg (70.36%), Vitamin B12: 2.43µg (40.57%), Manganese: 0.73mg (36.29%), Potassium: 819.79mg (23.42%), Magnesium: 88.13mg (22.03%), Vitamin A: 1100.57IU (22.01%), Vitamin C: 18.07mg (21.9%), Vitamin B6: 0.42mg (21.02%), Zinc: 2.57mg (17.13%), Iron: 3.01mg (16.7%), Fiber: 4.03g (16.1%), Folate: 60.94µg (15.23%), Copper: 0.24mg (12.1%), Vitamin B3: 2.36mg (11.78%), Vitamin K: 9.76µg (9.3%), Vitamin B5: 0.77mg (7.74%), Vitamin B2: 0.12mg (7.13%), Vitamin B1: 0.09mg (6.34%), Calcium: 62.85mg (6.28%), Vitamin E: 0.86mg (5.73%), Vitamin D: 0.24µg (1.6%)