



Pan-Seared Sea Scallops with Sicilian Pesto

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups angel hair hot cooked uncooked (8 ounces pasta)
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon capers
- 2 tablespoons capers
- 0.3 cup cooking wine dry white
- 1 cup flat-leaf parsley leaves fresh
- 0.3 cup golden raisins
- 0.5 cup juice of lemon fresh

- 1 teaspoon lemon rind grated
- 1 tablespoon olive oil
- 2 tablespoons olive oil
- 2 tablespoons oregano fresh chopped
- 1.5 pounds sea scallops
- 0.3 cup shallots diced
- 0.3 cup water boiling

Equipment

- bowl
- frying pan
- paper towels
- blender

Directions

- To prepare pesto, combine boiling water and raisins in a small bowl; let stand for 30 minutes (do not drain).
- Combine raisin mixture, 2 tablespoons capers, and next 6 ingredients (2 tablespoons capers through pepper) in a blender; process until smooth.
- Add 2 tablespoons oil; process until well-blended.
- Combine pesto and pasta in a large bowl; toss well. Set aside and keep warm.
- To prepare scallops, pat scallops dry with paper towels.
- Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- Add scallops; cook 3 minutes on each side or until golden brown.
- Remove scallops from pan, and keep warm.
- Add wine to pan, scraping pan to loosen browned bits. Spoon 1 cup pasta onto each of 4 plates; top each serving with 5 ounces scallops.
- Sprinkle evenly with 1 tablespoon capers.

Nutrition Facts



■ PROTEIN 23.19% ■ FAT 21.06% ■ CARBS 55.75%

Properties

Glycemic Index:53.17, Glycemic Load:27.25, Inflammation Score:-10, Nutrition Score:28.942608729653%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.47mg, Hesperetin: 4.47mg, Hesperetin: 4.47mg, Hesperetin: 4.47mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 8.35mg, Kaempferol: 8.35mg, Kaempferol: 8.35mg, Kaempferol: 8.35mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 10.73mg, Quercetin: 10.73mg, Quercetin: 10.73mg, Quercetin: 10.73mg

Nutrients (% of daily need)

Calories: 559.42kcal (27.97%), Fat: 12.88g (19.81%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 76.72g (25.57%), Net Carbohydrates: 71.56g (26.02%), Sugar: 9.72g (10.8%), Cholesterol: 40.82mg (13.61%), Sodium: 851.37mg (37.02%), Alcohol: 1.54g (100%), Alcohol %: 0.54% (100%), Protein: 31.92g (63.84%), Vitamin K: 270.11µg (257.25%), Selenium: 69.67µg (99.53%), Phosphorus: 747.57mg (74.76%), Manganese: 0.98mg (48.92%), Vitamin C: 34.19mg (41.44%), Vitamin B12: 2.4µg (39.97%), Vitamin A: 1322.86IU (26.46%), Magnesium: 103.45mg (25.86%), Potassium: 794.57mg (22.7%), Iron: 4.05mg (22.51%), Fiber: 5.16g (20.65%), Folate: 82.46µg (20.61%), Zinc: 2.98mg (19.85%), Vitamin B6: 0.37mg (18.73%), Copper: 0.37mg (18.62%), Vitamin E: 2.28mg (15.21%), Vitamin B3: 3mg (15.01%), Calcium: 104.21mg (10.42%), Vitamin B5: 0.88mg (8.79%), Vitamin B2: 0.13mg (7.91%), Vitamin B1: 0.12mg (7.73%)