



Pappardelle with Scallops

READY IN



20 min.

SERVINGS



4

CALORIES



693 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups arugula
- ☐ 2 cups chanterelle mixed thinly sliced
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces best quality parmesan shaved
- ☐ 1 pound pappardelle pasta
- ☐ 0.5 teaspoon freshly cracked pepper black plus more for serving
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 1 teaspoon sea salt

- ☐ 1 pound sea scallops dry
- ☐ 2 tablespoons truffle oil white
- ☐ 0.5 tablespoon butter unsalted

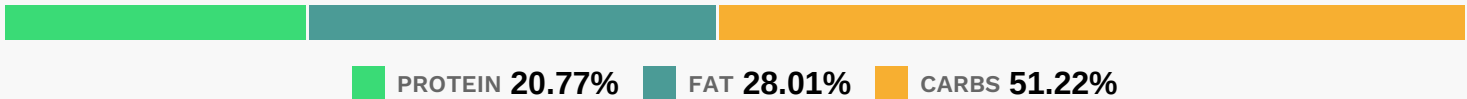
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil over medium heat and add 1 teaspoon of salt.
- ☐ Rinse and pat dry the scallops. Slice in half on equator and pat dry again. Season with 1/2 teaspoon of sea salt and set aside.
- ☐ Prep all of your ingredients and have them at ready, then start pasta. Cook the pasta approximately 8 minutes. If the pasta is done before prepping all the ingredients, add 3 cups cold water into pot to hold. (Water will still be hot, but will arrest cooking.)
- ☐ Drain when ready to use.
- ☐ In a large saute pan, heat the olive oil and butter over medium-high heat. When the butter has melted, add the scallops, cook for 1 to 2 minutes and turn over. When scallops are just cooked, remove from heat and set aside, keeping them warm.
- ☐ Let the juices in pan reduce for 1 minute, then add the mushrooms and saute for 2 minutes. Stir in the garlic, red pepper flakes and black pepper. Toss to combine.
- ☐ Add in the reserved scallops and half of the truffle oil.
- ☐ Add in the drained cooked pasta, then the arugula and gently toss or stir to combine.
- ☐ Transfer to a serving bowl and drizzle with remaining truffle oil, the shaved cheese and some freshly cracked black pepper.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:34.38, Inflammation Score:-7, Nutrition Score:26.569565233977%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 693.32kcal (34.67%), Fat: 21.47g (33.03%), Saturated Fat: 6.18g (38.64%), Carbohydrates: 88.31g (29.44%), Net Carbohydrates: 83.11g (30.22%), Sugar: 2.91g (3.23%), Cholesterol: 135.87mg (45.29%), Sodium: 1288.2mg (56.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.81g (71.61%), Selenium: 108.1µg (154.43%), Phosphorus: 778.61mg (77.86%), Manganese: 1.19mg (59.62%), Vitamin B12: 2.1µg (35.01%), Magnesium: 108.93mg (27.23%), Zinc: 3.9mg (26.03%), Calcium: 249.26mg (24.93%), Copper: 0.49mg (24.37%), Vitamin K: 24.31µg (23.16%), Iron: 4.03mg (22.37%), Vitamin B3: 4.41mg (22.07%), Potassium: 732.03mg (20.92%), Fiber: 5.21g (20.82%), Vitamin B6: 0.4mg (19.87%), Vitamin B5: 1.72mg (17.19%), Folate: 67.34µg (16.84%), Vitamin B1: 0.22mg (14.83%), Vitamin E: 2.17mg (14.45%), Vitamin B2: 0.24mg (14.29%), Vitamin A: 659.79IU (13.2%), Vitamin D: 1.87µg (12.46%), Vitamin C: 2.95mg (3.58%)