



Pasta with Scallops and Lemon

READY IN



45 min.

SERVINGS



4

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup basil fresh chopped
- ☐ 3 cloves garlic minced peeled
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon lemon zest grated
- ☐ 2 tablespoons olive oil
- ☐ 6 oz onion diced peeled
- ☐ 12 ounces penne pasta dried
- ☐ 4 servings salt and pepper

☐ 1 pound scallops rinsed ()

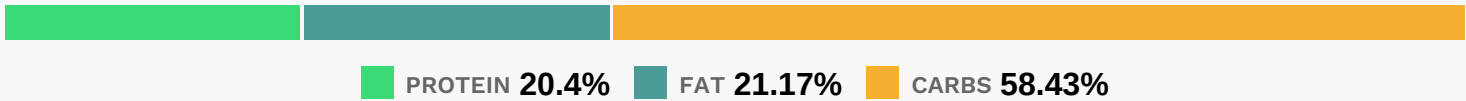
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring about 4 quarts water to a boil.
- ☐ Add penne and cook, stirring occasionally, until tender to bite, 10 to 12 minutes.
- ☐ Drain.
- ☐ Meanwhile, in a 10- to 12-inch frying pan (with sides at least 2 in. tall) over medium heat, stir onion and garlic in olive oil until limp, 3 to 5 minutes.
- ☐ Add lemon peel, lemon juice, butter, and scallops to pan with onions. Bring to a simmer and cook until scallops are opaque but still moist-looking in the center (cut to test), about 6 minutes.
- ☐ Add pasta and basil to scallop mixture and stir until heated through.
- ☐ Add salt and pepper to taste.
- ☐ Pour into a wide, shallow bowl to serve.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:26.63, Inflammation Score:-6, Nutrition Score:18.206086822178%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

Nutrients (% of daily need)

Calories: 505.63kcal (25.28%), Fat: 11.79g (18.13%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 73.18g (24.39%), Net Carbohydrates: 69.45g (25.25%), Sugar: 4.55g (5.06%), Cholesterol: 34.74mg (11.58%), Sodium: 668.46mg (29.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.55g (51.09%), Selenium: 68.86µg (98.38%), Phosphorus: 558.63mg (55.86%), Manganese: 0.92mg (45.85%), Vitamin B12: 1.6µg (26.75%), Magnesium: 77.33mg (19.33%), Zinc: 2.36mg (15.74%), Copper: 0.31mg (15.34%), Fiber: 3.73g (14.91%), Potassium: 518.19mg (14.81%), Vitamin B6: 0.3mg (14.76%), Vitamin C: 12.05mg (14.6%), Vitamin K: 13.05µg (12.43%), Vitamin B3: 2.35mg (11.74%), Folate: 46.31µg (11.58%), Iron: 1.79mg (9.96%), Vitamin E: 1.24mg (8.24%), Vitamin B1: 0.11mg (7.6%), Vitamin B5: 0.71mg (7.09%), Vitamin B2: 0.09mg (5.19%), Calcium: 46.01mg (4.6%), Vitamin A: 199.08IU (3.98%)