



 **9%**  
HEALTH SCORE

## Quick and Easy Scallop Pasta

READY IN



45 min.

SERVINGS



2

CALORIES



755 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 large scallops dry warmed room temperature ( 30 minutes)
- 6 oz japanese ramen noodles dry (available from Amazon)
- 3 large cloves garlic minced
- 2 T sesame oil
- 0.3 C sauvignon blanc white wine
- 2 T butter unsalted
- 0.3 C parmesan cheese grated
- 12 chives for plating, the rest left long for garnish thin
- 1 lemon zest

2 servings sea salt fresh

## Equipment

frying pan

oven

## Directions

After patting the room temperature scallops dry, salt, pepper and apply granulated garlic to both sides.

Start the ramen noodles boiling. When boiled for 4 minutes, drain, rinse and shake dry. Reserve until needed.

Heat the oil to medium-high heat in a 12 inch non-stick saute pan. When hot, place the scallops in the pan and cook for three minutes on one side. Carefully turn them and cook for another three minutes then remove and reserve in a warming oven with the plates until serving.

Reduce the pan heat to medium and place the minced garlic in the pan. Cook for about 1 to 1 minutes.

Carefully pour in the wine and deglaze the pan, stirring up all of the little brown bits of scallop.

Add the butter and stir to create the pan sauce.

Add back the pasta, chopped chives and grated Parmesan cheese and mix thoroughly.

## Nutrition Facts



**PROTEIN 13.36%** **FAT 52.28%** **CARBS 34.36%**

## Properties

Glycemic Index:63.5, Glycemic Load:25, Inflammation Score:-7, Nutrition Score:19.819565217391%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Taste

Sweetness: 39.54%, Saltiness: 97.53%, Sourness: 50.47%, Bitterness: 33.44%, Savoriness: 74.48%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 754.85kcal (37.74%), Fat: 42.85g (65.92%), Saturated Fat: 17.78g (111.13%), Carbohydrates: 63.38g (21.13%), Net Carbohydrates: 60.59g (22.03%), Sugar: 1.71g (1.9%), Cholesterol: 63.01mg (21%), Sodium: 2307.63mg (100.33%), Alcohol: 3.1g (17.21%), Protein: 24.63g (49.26%), Vitamin B1: 0.91mg (60.94%), Phosphorus: 507.61mg (50.76%), Selenium: 25.97µg (37.1%), Folate: 119.92µg (29.98%), Manganese: 0.58mg (29.06%), Vitamin B12: 1.67µg (27.91%), Iron: 4.18mg (23.21%), Vitamin B3: 4.23mg (21.14%), Vitamin K: 20.83µg (19.84%), Vitamin B2: 0.3mg (17.66%), Calcium: 164.03mg (16.4%), Zinc: 2.28mg (15.19%), Vitamin A: 738.97IU (14.78%), Vitamin B6: 0.27mg (13.46%), Vitamin E: 1.92mg (12.78%), Magnesium: 50.43mg (12.61%), Potassium: 439.54mg (12.56%), Fiber: 2.79g (11.15%), Vitamin C: 9.05mg (10.97%), Copper: 0.22mg (10.88%), Vitamin B5: 0.56mg (5.63%), Vitamin D: 0.28µg (1.84%)