



Sautéed Scallops and Mushrooms with Pine Nuts

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups angel hair hot cooked uncooked (4 ounces pasta)
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon butter
- ☐ 2 cups mushrooms sliced
- ☐ 0.1 teaspoon pepper

- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.1 teaspoon salt
- ☐ 0.5 pound sea scallops halved
- ☐ 2 tablespoons shallots minced

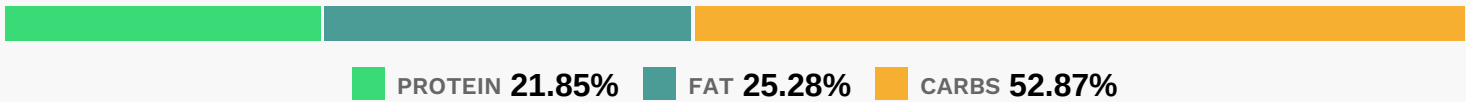
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle scallops with salt and pepper. Melt margarine in a large nonstick skillet coated with cooking spray over medium-high heat; add scallops, mushrooms, and pine nuts. Stir-fry 2 minutes or until scallops are done.
- ☐ Remove scallop mixture from skillet. Set aside; keep warm.
- ☐ Add shallots and garlic to skillet; stir-fry 30 seconds. Stir in wine and juice. Bring to a boil; cook 2 minutes. Return scallop mixture to skillet; cook 30 seconds or until thoroughly heated.
- ☐ Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:23.93, Inflammation Score:-7, Nutrition Score:25.474347974943%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 541.09kcal (27.05%), Fat: 14.55g (22.38%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 68.44g (22.81%), Net Carbohydrates: 64.28g (23.38%), Sugar: 5.83g (6.47%), Cholesterol: 27.22mg (9.07%), Sodium: 669mg (29.09%), Alcohol: 4.12g (100%), Alcohol %: 1.42% (100%), Protein: 28.29g (56.59%), Selenium: 71.31µg (101.87%), Manganese: 1.75mg (87.58%), Phosphorus: 679.06mg (67.91%), Copper: 0.7mg (34.96%), Vitamin B3: 6.07mg (30.34%), Vitamin B2: 0.49mg (28.55%), Vitamin B12: 1.64µg (27.41%), Magnesium: 106.24mg (26.56%), Potassium: 852.59mg (24.36%), Zinc: 3.35mg (22.32%), Vitamin B5: 2.12mg (21.19%), Vitamin B6: 0.38mg (18.98%), Fiber: 4.16g (16.63%), Iron: 2.72mg (15.1%), Folate: 58.3µg (14.57%), Vitamin B1: 0.2mg (13.67%), Vitamin C: 9.18mg (11.13%), Vitamin E: 1.27mg (8.47%), Vitamin K: 5.94µg (5.65%), Vitamin A: 258.81IU (5.18%), Calcium: 40.69mg (4.07%), Vitamin D: 0.19µg (1.28%)