



Sautéed Scallops on Lemon Fettuccine

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces fettuccine barilla hot cooked uncooked
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 teaspoons butter
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup parmesan cheese finely grated

- ☐ 0.5 teaspoon cracked pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 pound sea scallops
- ☐ 0.3 cup vodka dry white

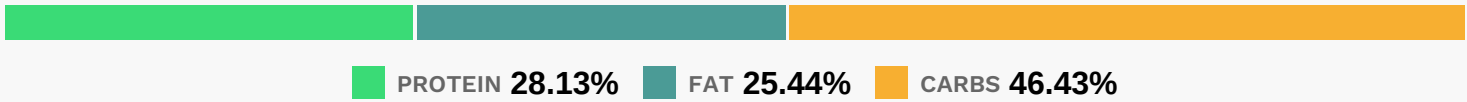
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine first 3 ingredients in a large zip-top heavy-duty plastic bag.
- ☐ Add scallops to bag, and seal; shake to coat.
- ☐ Heat oil and margarine in a large nonstick skillet over high heat.
- ☐ Add scallops; cook 2 minutes on each side or until lightly browned and done.
- ☐ Remove scallops from pan; keep warm. Reduce heat to medium; add vodka, lemon rind, lemon juice, and garlic, and cook 3 minutes, stirring occasionally.
- ☐ Remove from heat; add pasta, and toss gently to coat. Divide pasta mixture evenly among 4 individual plates; top with scallops.
- ☐ Sprinkle each serving with 1 tablespoon cheese and 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:14.72, Inflammation Score:-6, Nutrition Score:15.588260857955%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin:

0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 308.22kcal (15.41%), Fat: 8.23g (12.65%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 33.79g (11.26%), Net Carbohydrates: 32.26g (11.73%), Sugar: 0.9g (1%), Cholesterol: 57.32mg (19.11%), Sodium: 876.02mg (38.09%), Alcohol: 2.06g (100%), Alcohol %: 1.03% (100%), Protein: 20.46g (40.92%), Vitamin K: 63.34µg (60.32%), Selenium: 39.84µg (56.91%), Phosphorus: 500.3mg (50.03%), Vitamin B12: 1.76µg (29.37%), Manganese: 0.42mg (21.08%), Zinc: 1.99mg (13.29%), Magnesium: 52.04mg (13.01%), Vitamin C: 10.23mg (12.39%), Folate: 47.07µg (11.77%), Potassium: 339.47mg (9.7%), Vitamin A: 483.01IU (9.66%), Iron: 1.68mg (9.34%), Calcium: 85.17mg (8.52%), Vitamin B3: 1.7mg (8.48%), Vitamin B6: 0.16mg (8%), Vitamin B1: 0.11mg (7.05%), Copper: 0.14mg (6.88%), Vitamin B2: 0.11mg (6.18%), Fiber: 1.52g (6.08%), Vitamin B5: 0.57mg (5.72%), Vitamin E: 0.6mg (3.97%)