



Scallop and Broccoli Linguine with Pesto Cream

READY IN



30 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz pasta uncooked
- ☐ 12 oz broccoli florets frozen
- ☐ 1 tablespoon butter
- ☐ 0.8 lb bay scallops fresh thawed rinsed uncooked
- ☐ 2.5 oz mushrooms drained sliced
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon flour
- ☐ 0.3 cup basil pesto

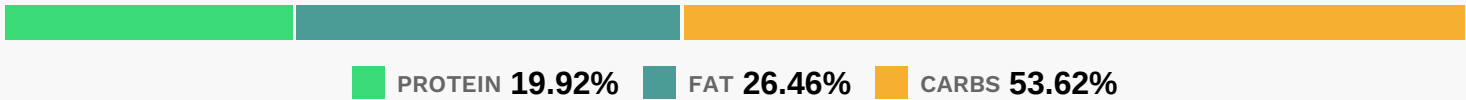
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ In Dutch oven or large saucepan, cook linguine as directed on package, adding broccoli during last 3 to 5 minutes of cooking time. Cook until linguine and broccoli are tender.
- ☐ Drain; return to Dutch oven. Cover to keep warm.
- ☐ Meanwhile, in large skillet, melt butter over medium-high heat.
- ☐ Add scallops and mushrooms; cook 3 minutes.
- ☐ In small bowl, combine half-and-half and flour; blend well.
- ☐ Add flour mixture to scallop mixture; cook and stir over medium heat until mixture is bubbly and thickened and scallops are opaque.
- ☐ Add scallop mixture and pesto to cooked linguine and broccoli; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:19.28, Inflammation Score:-8, Nutrition Score:25.103478026779%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 438.08kcal (21.9%), Fat: 12.91g (19.86%), Saturated Fat: 2.46g (15.34%), Carbohydrates: 58.86g (19.62%), Net Carbohydrates: 53.73g (19.54%), Sugar: 6.95g (7.72%), Cholesterol: 24.66mg (8.22%), Sodium: 819.56mg (35.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.87g (43.74%), Vitamin C: 76.24mg (92.42%),

Vitamin K: 93.94µg (89.47%), Selenium: 51.22µg (73.17%), Phosphorus: 466.87mg (46.69%), Manganese: 0.74mg (37.02%), Vitamin A: 1074.24IU (21.48%), Folate: 83.87µg (20.97%), Fiber: 5.13g (20.53%), Vitamin B12: 1.21µg (20.16%), Potassium: 643.51mg (18.39%), Magnesium: 69.31mg (17.33%), Vitamin B6: 0.31mg (15.55%), Copper: 0.29mg (14.5%), Vitamin B3: 2.86mg (14.28%), Vitamin B2: 0.23mg (13.65%), Zinc: 2.04mg (13.61%), Vitamin B5: 1.19mg (11.91%), Iron: 2.01mg (11.17%), Vitamin B1: 0.15mg (9.79%), Calcium: 93.85mg (9.39%), Vitamin E: 0.85mg (5.66%)