



Scallop and Chorizo Pasta

 Dairy Free or type unknown

READY IN

ready

40 min.

SERVINGS

servings

8

CALORIES

calories

238 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 servings cayenne pepper to taste
- ☐ 6 ounces chorizo sausage cut into chunks
- ☐ 1 cup bottled clam juice
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon garlic minced
- ☐ 1 bell pepper green julienned
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 4 teaspoons olive oil divided

- ☐ 8 ounce linguine pasta uncooked
- ☐ 1 bell pepper red julienned
- ☐ 1 pound scallops
- ☐ 1 bell pepper yellow julienned

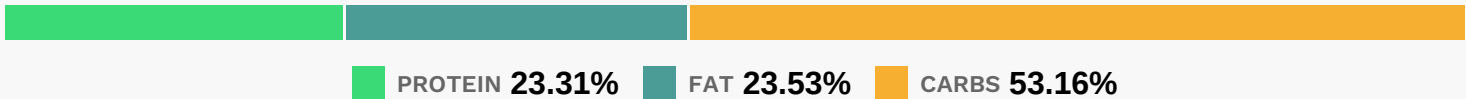
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil, and cook the linguine 8 to 10 minutes or until al dente; drain.
- ☐ Heat 1 teaspoon olive oil in a skillet over high heat, and cook and stir the chorizo sausage 2–3 minutes, until evenly browned. Set aside the sausage, and wipe the skillet.
- ☐ Heat 1 teaspoon olive oil, and toss in the scallops. Season with salt, pepper, and cayenne, and cook and stir about 3 minutes, until opaque and lightly browned. Set aside. Wipe the skillet, and heat another 1 teaspoon olive oil over medium heat. Cook and stir the green bell pepper, red bell pepper, and yellow bell pepper until tender.
- ☐ Remove from heat, and set aside.
- ☐ Heat the remaining olive oil in the skillet over medium high heat, and cook and stir the garlic until tender.
- ☐ Pour in the wine, and bring to a boil. Cook until most of the wine has been reduced, and scrape the browned bits from the bottom of the skillet.
- ☐ Mix in the clam juice, bring to a boil, and cook until reduced by about 1/2.
- ☐ Return the chorizo, scallops, and peppers to the skillet, and toss until coated.
- ☐ Serve over the cooked linguine.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:9.07, Inflammation Score:-8, Nutrition Score:13.65956524144%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 237.62kcal (11.88%), Fat: 6.01g (9.24%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 30.52g (10.17%), Net Carbohydrates: 28.21g (10.26%), Sugar: 3.03g (3.37%), Cholesterol: 28.61mg (9.54%), Sodium: 333.9mg (14.52%), Alcohol: 1.03g (100%), Alcohol %: 0.67% (100%), Protein: 13.39g (26.77%), Vitamin C: 65.47mg (79.36%), Selenium: 25.69µg (36.69%), Vitamin A: 1536.27IU (30.73%), Phosphorus: 265.97mg (26.6%), Manganese: 0.41mg (20.62%), Vitamin B12: 0.81µg (13.47%), Vitamin B6: 0.27mg (13.4%), Potassium: 347.46mg (9.93%), Magnesium: 38.5mg (9.62%), Fiber: 2.31g (9.26%), Vitamin E: 1.24mg (8.27%), Folate: 31.01µg (7.75%), Vitamin B3: 1.49mg (7.46%), Zinc: 1.1mg (7.3%), Copper: 0.14mg (7.2%), Iron: 1.26mg (7.02%), Vitamin K: 4.89µg (4.66%), Vitamin B1: 0.07mg (4.37%), Vitamin B2: 0.07mg (4.16%), Vitamin B5: 0.37mg (3.67%), Calcium: 26.31mg (2.63%)