



Scallop and Pasta Toss

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 pound bay scallops fresh
- 0.5 cup carrots sliced
- 2 cups celery diagonally sliced
- 2 garlic cloves minced
- 0.5 cup green onions sliced (2 onions)
- 0.5 teaspoon ground ginger
- 1 tablespoon butter reduced-calorie
- 1 cup mushrooms sliced

- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 4 cups spinach linguine cooked (without salt or fat)
- 2 tablespoons water
- 2 teaspoons white wine worcestershire sauce

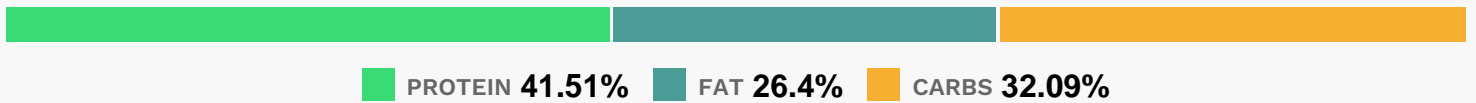
Equipment

- bowl
- frying pan

Directions

- Coat a large nonstick skillet with cooking spray; add margarine.
- Place over medium-high heat until margarine melts.
- Add celery and next 4 ingredients; saut until crisp-tender.
- Add scallops and next 5 ingredients; cook 5 to 7 minutes or until scallops are opaque, stirring occasionally.
- Place pasta in a large serving bowl; add scallop mixture, and toss gently.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.21, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:20.823913213999%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 119.2kcal (5.96%), Fat: 3.6g (5.54%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 7.29g (2.65%), Sugar: 2.65g (2.95%), Cholesterol: 20.41mg (6.8%), Sodium: 629.79mg (27.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.48%), Vitamin K: 187.84µg (178.9%), Vitamin A: 5968.1IU (119.36%), Phosphorus: 347.17mg (34.72%), Folate: 105.47µg (26.37%), Manganese: 0.51mg (25.32%), Vitamin B12: 1.21µg (20.2%), Selenium: 14.08µg (20.12%), Potassium: 670.72mg (19.16%), Vitamin C: 14.66mg (17.77%), Magnesium: 56.14mg (14.03%), Vitamin B2: 0.22mg (13.02%), Vitamin B6: 0.23mg (11.66%), Vitamin B3: 2.12mg (10.62%), Fiber: 2.56g (10.25%), Iron: 1.83mg (10.17%), Copper: 0.18mg (9.2%), Zinc: 1.24mg (8.3%), Calcium: 77.85mg (7.79%), Vitamin B5: 0.75mg (7.53%), Vitamin E: 1.03mg (6.9%), Vitamin B1: 0.08mg (5.5%)