



Scallop Vermicelli with Spinach

READY IN



22 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter divided
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 4 lemon wedges
- ☐ 0.5 teaspoon paprika
- ☐ 6 ounces vermicelli uncooked
- ☐ 0.8 teaspoon salt divided

- ☐ 1 pound sea scallops dry rinsed (24)
- ☐ 1.5 ounces spinach leaves thinly sliced
- ☐ 0.3 cup water

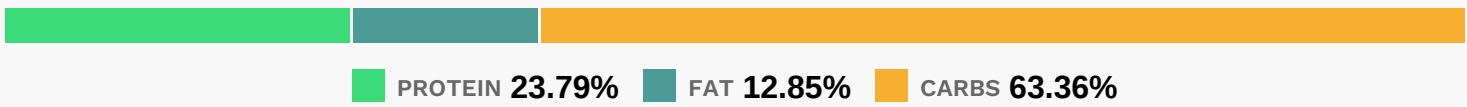
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Meanwhile, sprinkle 1/4 teaspoon salt, paprika, pepper, and garlic powder evenly over scallops.
- ☐ Heat 1 1/2 teaspoons butter in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add 12 scallops to pan; cook 4 to 5 minutes or until done, turning once.
- ☐ Remove scallops; set aside and keep warm. Repeat with remaining butter and scallops.
- ☐ Add water to pan; bring to a boil, scraping pan to loosen browned bits.
- ☐ Remove from heat; add pasta, spinach, lemon rind, lemon juice, and 1/2 teaspoon salt. Toss gently. Divide evenly among 4 serving plates. Top with scallops; serve immediately with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:54.38, Glycemic Load:20.53, Inflammation Score:-7, Nutrition Score:13.07782610603%

Flavonoids

Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 269.32kcal (13.47%), Fat: 3.79g (5.83%), Saturated Fat: 2.04g (12.72%), Carbohydrates: 42.03g (14.01%),
Net Carbohydrates: 40.38g (14.68%), Sugar: 0.74g (0.82%), Cholesterol: 34.74mg (11.58%), Sodium: 990.33mg
(43.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.78g (31.56%), Vitamin K: 52.2µg (49.72%),
Phosphorus: 454.97mg (45.5%), Selenium: 21.21µg (30.3%), Vitamin B12: 1.6µg (26.75%), Vitamin A: 1216.91IU
(24.34%), Vitamin C: 16.08mg (19.49%), Manganese: 0.37mg (18.53%), Folate: 43.9µg (10.98%), Magnesium:
41.59mg (10.4%), Potassium: 348.98mg (9.97%), Zinc: 1.44mg (9.61%), Vitamin B6: 0.14mg (6.82%), Iron: 1.22mg
(6.79%), Fiber: 1.65g (6.61%), Vitamin B3: 1.03mg (5.13%), Copper: 0.09mg (4.49%), Calcium: 34.09mg (3.41%),
Vitamin B5: 0.33mg (3.32%), Vitamin B2: 0.05mg (3.19%), Vitamin E: 0.41mg (2.75%), Vitamin B1: 0.04mg (2.69%)