



Scallops and Creamy Pea Fettuccine

READY IN



40 min.

SERVINGS



4

CALORIES



562 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce bottled clam juice
- 8 ounce fettuccine barilla whole-wheat
- 3 tablespoons flour all-purpose
- 0.3 cup chives fresh chopped
- 0.3 teaspoon ground pepper white
- 1 teaspoon juice of lemon
- 0.5 teaspoon lemon zest
- 1 cup milk low-fat
- 1 tablespoon olive oil extra-virgin

- 3 cups peas green frozen thawed
- 0.8 cup romano cheese shredded divided
- 0.1 teaspoon salt
- 1 pound sea scallops dry

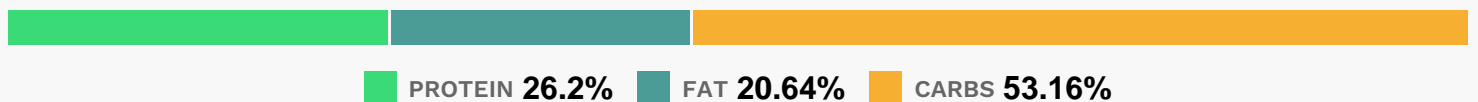
Equipment

- frying pan
- whisk
- pot

Directions

- Bring a large pot of lightly salted water to a boil; cook the fettuccini at a boil until cooked through yet slightly firm, about 6 minutes; drain.
- Season the scallops salt.
- Heat olive oil in a large non-stick skillet over medium-high heat and cook the scallops until golden brown, 2 to 3 minutes per side.
- Transfer scallops to a plate.
- Pour the clam juice into the skillet.
- Whisk together the low-fat milk, flour, white pepper, and 1/8 teaspoon salt until the mixture is smooth; whisk into the clam juice. Reduce heat to low and bring the sauce to a simmer, whisking constantly. Cook until thickened, 2 to 3 minutes.
- Return the scallops and any accumulated juices to the skillet and stir in the peas until thoroughly combined. Return to a simmer.
- Gently mix the cooked fettuccine, 1/2 cup of Romano cheese, chives, lemon zest, and lemon juice into the scallops and sauce.
- Sprinkle with remaining 1/4 cup of Romano cheese to serve.

Nutrition Facts



Properties

Glycemic Index:58.83, Glycemic Load:24.47, Inflammation Score:-9, Nutrition Score:32.364782437034%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 562.38kcal (28.12%), Fat: 12.82g (19.72%), Saturated Fat: 4.93g (30.83%), Carbohydrates: 74.28g (24.76%), Net Carbohydrates: 65.68g (23.88%), Sugar: 12.29g (13.66%), Cholesterol: 97.29mg (32.43%), Sodium: 988.11mg (42.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.61g (73.21%), Selenium: 67.28µg (96.11%), Phosphorus: 850.71mg (85.07%), Vitamin C: 49.1mg (59.52%), Manganese: 1.03mg (51.51%), Vitamin B12: 2.35µg (39.17%), Vitamin K: 36.95µg (35.19%), Fiber: 8.59g (34.38%), Calcium: 336.94mg (33.69%), Vitamin B1: 0.49mg (32.89%), Folate: 126.39µg (31.6%), Zinc: 4.31mg (28.75%), Magnesium: 114.19mg (28.55%), Vitamin A: 1293.73IU (25.87%), Vitamin B6: 0.48mg (24.16%), Vitamin B3: 4.83mg (24.14%), Vitamin B2: 0.4mg (23.68%), Potassium: 814.27mg (23.26%), Copper: 0.42mg (21.17%), Iron: 3.69mg (20.51%), Vitamin B5: 1.25mg (12.51%), Vitamin E: 0.99mg (6.57%), Vitamin D: 0.91µg (6.09%)