






 **16%**
HEALTH SCORE

Scallops Mascarpone

READY IN

35 min.

SERVINGS

6

CALORIES

590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bunch asparagus trimmed cut into 1 inch pieces
- 2 tablespoons butter
- 10 ounce mushrooms fresh sliced
- 1 tablespoon parsley fresh chopped
- 1 clove garlic chopped
- 8 ounce mascarpone cheese
- 0.3 cup milk
- 1 tablespoon olive oil
- 0.5 teaspoon onion powder

- 16 ounce soup noodles
- 6 servings salt and pepper to taste
- 1 pound scallops dry rinsed

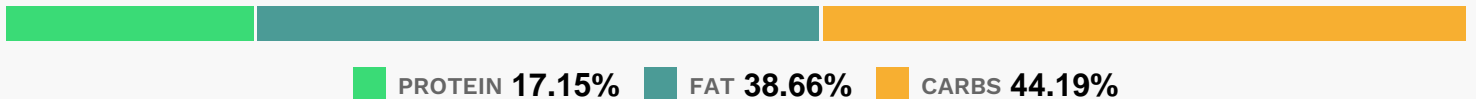
Equipment

- frying pan
- sauce pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta, and cook for 7 to 9 minutes, until al dente.
- Melt 6 tablespoons of butter with the olive oil in a large skillet over medium heat.
- Mix in the parsley and garlic and cook for a couple of minutes until fragrant.
- Add the mushrooms and asparagus and season with salt, pepper and onion powder; cook, stirring occasionally until asparagus is tender, about 5 minutes depending on the thickness.
- Place the scallops in the pan, and cook briefly on each side until lightly browned and the center is cooked through, about 3 minutes per side.
- Remove from the heat when scallops are just finished.
- Meanwhile, in a small saucepan, combine the milk, mascarpone cheese and remaining butter. Cook over medium heat, stirring, until sauce is warm and butter is completely melted and blended in. Stir this sauce into the scallops and vegetables along with the pasta and serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:23.7, Inflammation Score:-8, Nutrition Score:22.640434861183%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg

Nutrients (% of daily need)

Calories: 589.87kcal (29.49%), Fat: 25.23g (38.81%), Saturated Fat: 13.86g (86.59%), Carbohydrates: 64.88g (21.63%), Net Carbohydrates: 60.35g (21.95%), Sugar: 4.88g (5.42%), Cholesterol: 67.2mg (22.4%), Sodium: 553.82mg (24.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.17g (50.35%), Selenium: 63.91µg (91.3%), Phosphorus: 488.09mg (48.81%), Manganese: 0.86mg (42.96%), Vitamin K: 43.99µg (41.89%), Copper: 0.53mg (26.58%), Vitamin A: 1287.75IU (25.76%), Vitamin B2: 0.37mg (21.73%), Vitamin B3: 4.28mg (21.41%), Vitamin B12: 1.15µg (19.13%), Potassium: 649.09mg (18.55%), Folate: 74.01µg (18.5%), Magnesium: 73.42mg (18.35%), Fiber: 4.52g (18.1%), Iron: 3.18mg (17.68%), Zinc: 2.47mg (16.47%), Vitamin B1: 0.23mg (15.14%), Vitamin B6: 0.29mg (14.71%), Vitamin B5: 1.45mg (14.51%), Calcium: 108.98mg (10.9%), Vitamin E: 1.39mg (9.27%), Vitamin C: 6.27mg (7.6%), Vitamin D: 0.21µg (1.38%)