



Scallops with Red Pepper Sauce

READY IN



20 min.

SERVINGS



2

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 garlic clove minced
- 4 ounces pasta uncooked
- 1 teaspoon olive oil
- 2 tablespoons parmesan cheese grated
- 0.1 teaspoon pepper red crushed
- 0.5 cup bell pepper diced sweet red
- 0.1 teaspoon salt
- 0.3 pound scallops fresh sliced into thin rounds

Equipment

frying pan

Directions

Cook linguine according to package directions. Meanwhile, in a large skillet, saute the scallops, sweet red pepper, garlic, pepper flakes and salt in oil until scallops become firm and opaque.

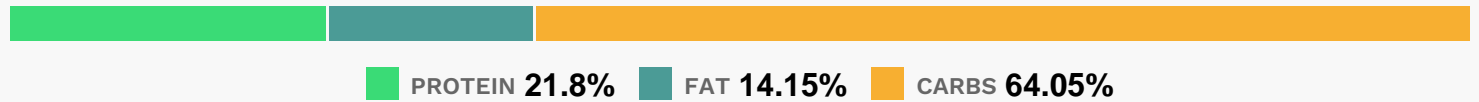
Remove from the heat.

Drain pasta.

Serve scallop mixture with linguine.

Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:17.63, Inflammation Score:-8, Nutrition Score:15.204347710895%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 300.48kcal (15.02%), Fat: 4.67g (7.19%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 47.56g (15.85%), Net Carbohydrates: 44.89g (16.32%), Sugar: 3.11g (3.45%), Cholesterol: 17.96mg (5.99%), Sodium: 462.34mg (20.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.38%), Selenium: 45.12µg (64.45%), Vitamin C: 48.15mg (58.36%), Phosphorus: 340.59mg (34.06%), Manganese: 0.6mg (30.16%), Vitamin A: 1248.45IU (24.97%), Vitamin B12: 0.87µg (14.45%), Vitamin B6: 0.26mg (12.78%), Magnesium: 49.31mg (12.33%), Zinc: 1.65mg (10.99%), Fiber: 2.67g (10.69%), Potassium: 338.97mg (9.68%), Copper: 0.19mg (9.55%), Folate: 36.79µg (9.2%), Vitamin B3: 1.76mg (8.78%), Vitamin E: 1.01mg (6.76%), Iron: 1.19mg (6.64%), Calcium: 65.35mg (6.54%), Vitamin B2: 0.09mg (5.54%), Vitamin B1: 0.08mg (5.32%), Vitamin B5: 0.51mg (5.11%), Vitamin K: 3.33µg (3.17%)