



## Scallops With Saffron Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds bay scallops rinsed drained
- 4 teaspoons butter divided
- 16 ounce bottled clam juice
- 7 cups angel hair pasta hot cooked uncooked ( 12 ounces pasta)
- 1.5 cups cooking wine dry white
- 6 garlic cloves minced
- 0.7 cup green onions chopped
- 1.5 cups onion finely chopped
- 0.5 teaspoon pepper freshly ground

0.8 teaspoon saffron threads crushed

0.8 teaspoon salt

## Equipment

bowl

frying pan

## Directions

Cook onion and garlic in 2 teaspoons butter in a large nonstick skillet over medium– high heat 3 minutes or until tender, stirring constantly.

Add clam juice and next 3 ingredients. Bring to a boil; cook 15 minutes or until reduced to 2 cups.

Add remaining butter; stir until melted.

Pour over cooked pasta.

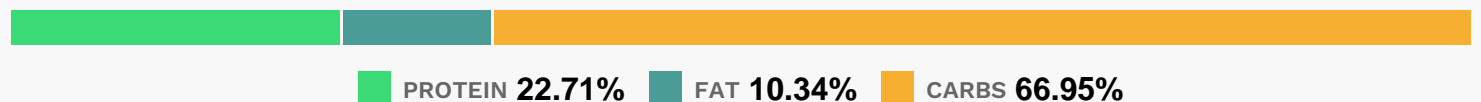
Add green onions and pepper to pasta mixture; stir well.

Place a large nonstick skillet coated with cooking spray over medium–high heat.

Add scallops; cook, stirring often, 5 minutes or until done.

Drain well. To serve, divide pasta evenly among 4 bowls; top with scallops.

## Nutrition Facts



## Properties

Glycemic Index:50.75, Glycemic Load:27.43, Inflammation Score:-7, Nutrition Score:18.277391433716%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin:

0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg

## Nutrients (% of daily need)

Calories: 502.44kcal (25.12%), Fat: 5.2g (8%), Saturated Fat: 2.21g (13.8%), Carbohydrates: 75.81g (25.27%), Net Carbohydrates: 71.13g (25.86%), Sugar: 6.1g (6.77%), Cholesterol: 34.38mg (11.46%), Sodium: 1039.08mg (45.18%), Alcohol: 6.18g (100%), Alcohol %: 1.59% (100%), Protein: 25.71g (51.42%), Selenium: 64.12µg (91.6%), Phosphorus: 525.84mg (52.58%), Manganese: 0.85mg (42.52%), Vitamin B12: 1.63µg (27.12%), Vitamin K: 23.96µg (22.82%), Magnesium: 75.17mg (18.79%), Iron: 3.38mg (18.77%), Fiber: 4.68g (18.74%), Vitamin B6: 0.34mg (17.08%), Potassium: 527.59mg (15.07%), Zinc: 2.25mg (15.02%), Copper: 0.27mg (13.52%), Folate: 52.6µg (13.15%), Vitamin C: 9.77mg (11.85%), Vitamin B3: 1.9mg (9.5%), Vitamin B1: 0.09mg (6.3%), Vitamin A: 312.17IU (6.24%), Vitamin B5: 0.62mg (6.21%), Vitamin B2: 0.1mg (5.66%), Calcium: 55.48mg (5.55%), Vitamin E: 0.34mg (2.29%)