



Sea Scallops on Fettuccine

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup green onions sliced (3 large)
- ☐ 0.5 teaspoon ground pepper white
- ☐ 0.5 cup juice of lime fresh
- ☐ 2 teaspoons lime rind divided grated
- ☐ 0.5 cup orange juice fresh
- ☐ 1 pound sea scallops halved lengthwise
- ☐ 9 ounce nests of spinach fettuccine refrigerated uncooked

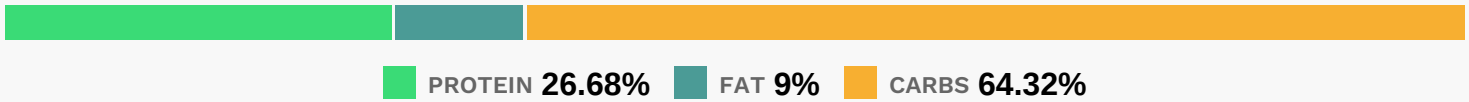
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine 1 teaspoon lime rind and next 3 ingredients in a shallow dish; add scallops, and let stand 5 minutes, turning once.
- ☐ While scallops marinate, cook pasta according to package directions, omitting salt and fat.
- ☐ Drain well. Set aside; keep warm.
- ☐ Remove scallops from marinade, reserving marinade. Coat a large nonstick skillet with cooking spray; place over medium–high heat until hot.
- ☐ Add scallops; cook 1 minute on each side or until lightly browned.
- ☐ Remove scallops from skillet; set aside, and keep warm.
- ☐ Add marinade mixture to skillet, and cook 1 minute, stirring to scrape particles that cling to bottom of skillet.
- ☐ Combine pasta and green onions in a large bowl.
- ☐ Add scallops and marinade mixture to pasta mixture; toss lightly.
- ☐ Sprinkle with remaining 1 teaspoon lime rind.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:21.03, Inflammation Score:-6, Nutrition Score:19.426956425542%

Flavonoids

Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 6.85mg, Hesperetin: 6.85mg, Hesperetin: 6.85mg, Hesperetin: 6.85mg Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 351.74kcal (17.59%), Fat: 3.51g (5.41%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 56.49g (18.83%), Net Carbohydrates: 53.62g (19.5%), Sugar: 4.77g (5.3%), Cholesterol: 80.8mg (26.93%), Sodium: 461.86mg (20.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.43g (46.86%), Selenium: 64.96µg (92.81%), Phosphorus: 549.54mg (54.95%), Vitamin K: 39.35µg (37.48%), Vitamin C: 28.44mg (34.48%), Manganese: 0.62mg (30.76%), Vitamin B12: 1.78µg (29.73%), Magnesium: 71.81mg (17.95%), Zinc: 2.37mg (15.82%), Potassium: 538.45mg (15.38%), Folate: 61.07µg (15.27%), Vitamin B6: 0.26mg (12.83%), Copper: 0.26mg (12.79%), Vitamin B3: 2.4mg (12.02%), Fiber: 2.87g (11.48%), Iron: 2.05mg (11.4%), Vitamin B1: 0.16mg (10.83%), Vitamin B5: 0.94mg (9.38%), Vitamin A: 307.51IU (6.15%), Vitamin B2: 0.1mg (6.1%), Calcium: 51.27mg (5.13%), Vitamin E: 0.42mg (2.8%), Vitamin D: 0.19µg (1.28%)