



Seafood Fettuccine

READY IN



45 min.

SERVINGS



8

CALORIES



400 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 tablespoons butter
- ☐ 8 cups fettuccine barilla hot cooked uncooked (1 pound pasta)
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 cup green onions chopped
- ☐ 2 cups half-and-half
- ☐ 0.5 pound lump crab meat
- ☐ 3 ounces parmesan cheese fresh divided grated

- ☐ 0.5 teaspoon salt
- ☐ 1 pound sea scallops
- ☐ 1 pound shrimp peeled

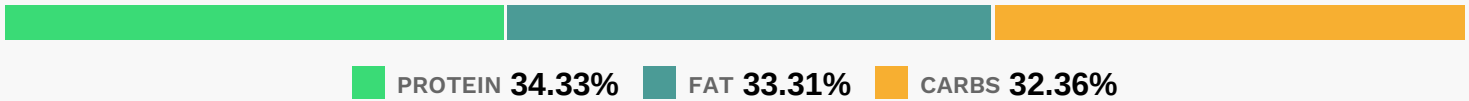
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt butter in a 12-inch nonstick skillet over medium-high heat.
- ☐ Add onions and garlic; saut 1 minute or until tender.
- ☐ Add shrimp and scallops; saut 3 minutes or until done. Reduce heat to medium-low.
- ☐ Add half-and-half, salt, pepper, and crabmeat; cook 3 minutes or until thoroughly heated, stirring constantly (do not boil). Gradually sprinkle 1/2 cup cheese over seafood mixture, stirring constantly; cook 1 minute, stirring constantly.
- ☐ Remove from heat.
- ☐ Combine pasta and seafood mixture in a large bowl. Top each serving with 1 1/2 teaspoons cheese and 1 1/2 teaspoons parsley.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:12.79, Inflammation Score:-6, Nutrition Score:20.935217328694%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 400.09kcal (20%), Fat: 14.75g (22.69%), Saturated Fat: 7.94g (49.64%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 30.57g (11.11%), Sugar: 3.32g (3.69%), Cholesterol: 180.72mg (60.24%), Sodium: 904.64mg (39.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.2g (68.4%), Selenium: 46.84µg (66.92%), Vitamin B12: 3.69µg (61.51%), Phosphorus: 591.07mg (59.11%), Vitamin K: 57.9µg (55.15%), Copper: 0.62mg (31.23%), Zinc: 4.25mg (28.33%), Calcium: 271mg (27.1%), Manganese: 0.42mg (21.09%), Magnesium: 82.54mg (20.64%), Potassium: 504.93mg (14.43%), Vitamin A: 675.98IU (13.52%), Vitamin B2: 0.21mg (12.26%), Folate: 42.3µg (10.57%), Vitamin B6: 0.2mg (9.97%), Iron: 1.75mg (9.71%), Vitamin C: 7.84mg (9.5%), Vitamin B5: 0.74mg (7.45%), Fiber: 1.67g (6.68%), Vitamin B3: 1.32mg (6.6%), Vitamin B1: 0.08mg (5.4%), Vitamin E: 0.5mg (3.3%), Vitamin D: 0.16µg (1.04%)