



Seafood Linguine

READY IN



45 min.

SERVINGS



8

CALORIES



434 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup broccoli florets
- 0.5 cup carrots thinly sliced
- 1 cup crab meat drained
- 2 tablespoons flour all-purpose
- 1 cup mushrooms fresh sliced
- 2 teaspoons parsley fresh chopped
- 3 teaspoons garlic powder
- 0.5 cup bell pepper green chopped
- 8 servings ground pepper black to taste

- 3 cups milk
- 0.3 cup olive oil
- 16 ounce linguine pasta
- 0.5 cup bell pepper red chopped
- 0.5 cup onion red thinly sliced
- 8 servings salt to taste
- 1 pound scallops
- 1 cup shrimp canned

Equipment

- bowl
- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add linguini pasta, and cook for 6 to 8 minutes, or until al dente.
- Drain.
- Meanwhile, in an electric frying pan, or large skillet saute the red onion and garlic in olive oil. When onion is translucent, add the milk. Cook until bubbles form around the edges of the pan.
- Add the parsley, chopped green and red bell pepper, broccoli, carrots, mushrooms, shrimp, crab, and scallops and stir until well incorporated.
- Remove 1/2 cup of milk from the mixture and place in a small bowl with the flour. Stir until smooth.
- Add back to skillet with seafood and vegetables. Allow mixture to thicken. Season with salt and pepper to taste.
- Pour seafood sauce over drained and cooked linguini noodles.
- Serve warm.

Nutrition Facts



■ PROTEIN 26.25% ■ FAT 23.49% ■ CARBS 50.26%

Properties

Glycemic Index:50.48, Glycemic Load:20.49, Inflammation Score:-9, Nutrition Score:22.685217608576%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 433.77kcal (21.69%), Fat: 11.25g (17.31%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 54.19g (18.06%), Net Carbohydrates: 51.18g (18.61%), Sugar: 7.7g (8.56%), Cholesterol: 81.02mg (27.01%), Sodium: 674.9mg (29.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.3g (56.59%), Selenium: 54.71µg (78.16%), Vitamin B12: 3.19µg (53.14%), Phosphorus: 529.14mg (52.91%), Vitamin A: 1855.77IU (37.12%), Vitamin C: 27.46mg (33.29%), Manganese: 0.65mg (32.56%), Copper: 0.55mg (27.67%), Zinc: 3.54mg (23.62%), Magnesium: 81.9mg (20.47%), Potassium: 650.12mg (18.57%), Calcium: 167.83mg (16.78%), Vitamin B6: 0.32mg (16.12%), Vitamin B2: 0.26mg (15.39%), Vitamin B3: 2.51mg (12.53%), Vitamin K: 13.02µg (12.4%), Fiber: 3.01g (12.03%), Folate: 46.79µg (11.7%), Vitamin B1: 0.17mg (11.27%), Vitamin B5: 1.08mg (10.84%), Iron: 1.65mg (9.17%), Vitamin E: 1.37mg (9.15%), Vitamin D: 1.03µg (6.87%)