



Seafood Piccata

READY IN



55 min.

SERVINGS



8

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bay scallops
- ☐ 0.5 cup butter
- ☐ 1 pound crab meat
- ☐ 2 cups cooking wine dry white
- ☐ 1 cup mushrooms fresh sliced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.8 cup green onions minced
- ☐ 6 tablespoons juice of lemon fresh

- ☐ 6 tablespoons olive oil
- ☐ 16 ounce seashell pasta
- ☐ 1 pound shrimp deveined peeled

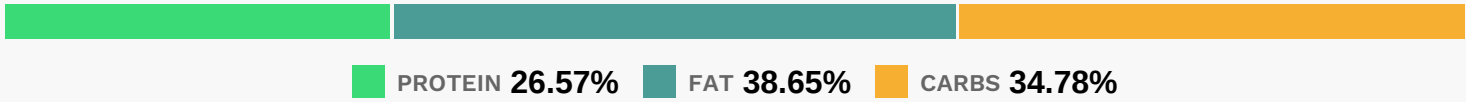
Equipment

- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to boil, add pasta shells, and cook for 8 to 10 minutes, or until al dente; drain.
- ☐ Heat olive oil in a large pot over medium heat.
- ☐ Saute mushrooms, green onions, and garlic until tender. Stir in shrimp, scallops, and crabmeat. Cook for 5 minutes, or until shrimp is pink. Stir in wine, lemon juice, and butter; cook until heated through.
- ☐ Toss pasta with seafood sauce and parsley.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:17.69, Inflammation Score:-7, Nutrition Score:26.505217144023%

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 Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 600.81kcal (30.04%), Fat: 23.88g (36.74%), Saturated Fat: 9.1g (56.86%), Carbohydrates: 48.35g (16.11%), Net Carbohydrates: 46.03g (16.74%), Sugar: 2.87g (3.19%), Cholesterol: 159.21mg (53.07%), Sodium: 865.18mg (37.62%), Alcohol: 6.18g (100%), Alcohol %: 2.25% (100%), Protein: 36.93g (73.85%), Vitamin B12: 5.93µg (98.85%), Selenium: 65.4µg (93.43%), Phosphorus: 575.08mg (57.51%), Vitamin K: 57.8µg (55.05%), Copper: 0.98mg (49.01%), Zinc: 5.68mg (37.88%), Manganese: 0.7mg (34.84%), Magnesium: 101.5mg (25.38%), Potassium: 648.16mg (18.52%), Vitamin C: 13.45mg (16.31%), Folate: 58.45µg (14.61%), Vitamin B6: 0.29mg (14.36%), Vitamin E: 1.99mg (13.26%), Vitamin B3: 2.59mg (12.94%), Vitamin A: 622.13IU (12.44%), Iron: 2.16mg (12.02%), Calcium: 100.58mg (10.06%), Fiber: 2.32g (9.26%), Vitamin B2: 0.14mg (8.36%), Vitamin B5: 0.83mg (8.28%), Vitamin B1: 0.11mg (7.09%)