



Seared Scallops with Fresh Linguine and Romano Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2 tablespoons basil fresh chopped
- 4 lemon wedges
- 9 ounce pasta refrigerated
- 2 tablespoons olive oil divided
- 0.3 cup pecorino cheese fresh divided finely grated ()
- 0.1 teaspoon salt
- 1.5 pounds scallops

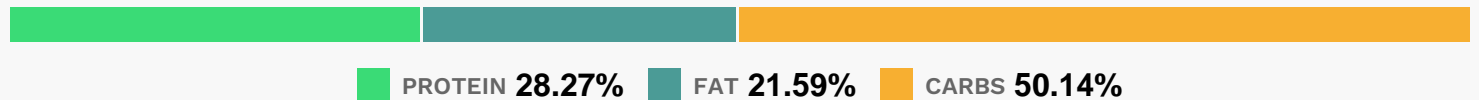
Equipment

- bowl
- frying pan
- colander

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain pasta in a colander over a bowl, reserving 2 tablespoons pasta water.
- Combine pasta, reserved 2 tablespoons pasta water, 1/4 cup cheese, 1 tablespoon oil, chopped basil, and pepper in a large bowl; toss well.
- Heat remaining 1 tablespoon oil in a large cast-iron skillet over high heat.
- Sprinkle salt evenly over scallops; add scallops to pan. Cook 1 minute on each side or until golden.
- Place 1 cup pasta mixture on each of 4 plates; top each serving with about 3 scallops and 1 1/2 teaspoons remaining cheese.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:19.55, Inflammation Score:-5, Nutrition Score:17.976956603968%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 446.16kcal (22.31%), Fat: 10.55g (16.23%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 55.13g (18.38%), Net Carbohydrates: 52.5g (19.09%), Sugar: 2.2g (2.45%), Cholesterol: 47.32mg (15.77%), Sodium: 818.87mg (35.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.07g (62.15%), Selenium: 63.08µg (90.11%), Phosphorus: 740.02mg (74%), Vitamin B12: 2.47µg (41.14%), Manganese: 0.66mg (33.2%), Magnesium: 76.3mg (19.08%), Zinc: 2.63mg (17.54%), Potassium: 527.52mg (15.07%), Copper: 0.24mg (11.96%), Vitamin B6: 0.24mg (11.84%), Vitamin C: 9.72mg (11.78%), Vitamin B3: 2.31mg (11.57%), Fiber: 2.62g (10.5%), Folate: 41.84µg (10.46%), Calcium: 97.77mg (9.78%), Iron: 1.73mg (9.6%), Vitamin K: 8.97µg (8.55%), Vitamin E: 1.13mg (7.53%), Vitamin B5: 0.71mg (7.07%), Vitamin B2: 0.09mg (5.4%), Vitamin B1: 0.08mg (5.3%), Vitamin A: 89.12IU (1.78%)