



Seashell Pasta with Gingered Scallops and Snow Peas

READY IN



45 min.

SERVINGS



5

CALORIES



250 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bay scallops
- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons cooking wine dry white
- ☐ 1 large eggs
- ☐ 0.8 cup milk fat-free
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 1 tablespoon olive oil

- ☐ 0.8 cup onion chopped
- ☐ 2 cups seashell pasta uncooked
- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound snow peas trimmed cut in half

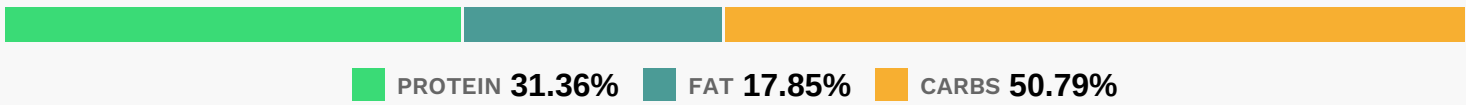
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook pasta in boiling water 5 minutes.
- ☐ Add snow peas; cook 2 minutes or until tender.
- ☐ Drain.
- ☐ While pasta cooks, heat oil in a large skillet over medium heat.
- ☐ Add onion; saut 4 minutes or until tender.
- ☐ Add ginger; saut 1 minute.
- ☐ Add scallops and wine; cook 3 minutes or until scallops are almost done.
- ☐ Combine milk and egg in a small bowl; stir well with a whisk.
- ☐ Add pasta mixture and milk mixture to pan; stir well. Cook over low heat 5 minutes or until milk mixture is slightly thick, stirring constantly (do not boil). Stir in the basil, salt, and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.85, Glycemic Load:8.38, Inflammation Score:-8, Nutrition Score:17.663043561189%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 250.18kcal (12.51%), Fat: 4.77g (7.34%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 27.53g (10.01%), Sugar: 6.38g (7.09%), Cholesterol: 60.07mg (20.02%), Sodium: 623.28mg (27.1%), Alcohol: 0.93g (100%), Alcohol %: 0.44% (100%), Protein: 18.87g (37.73%), Vitamin C: 43.07mg (52.21%), Phosphorus: 453.9mg (45.39%), Selenium: 31.21µg (44.58%), Vitamin K: 29.01µg (27.62%), Vitamin B12: 1.58µg (26.35%), Manganese: 0.49mg (24.48%), Vitamin A: 998.9IU (19.98%), Magnesium: 59.97mg (14.99%), Folate: 59.23µg (14.81%), Potassium: 503.98mg (14.4%), Vitamin B6: 0.29mg (14.3%), Iron: 2.43mg (13.5%), Fiber: 3.02g (12.1%), Zinc: 1.72mg (11.45%), Vitamin B5: 1.13mg (11.35%), Vitamin B1: 0.17mg (11.15%), Vitamin B2: 0.19mg (10.96%), Calcium: 105.17mg (10.52%), Copper: 0.17mg (8.71%), Vitamin B3: 1.57mg (7.86%), Vitamin E: 0.83mg (5.51%), Vitamin D: 0.6µg (4.03%)