



Shrimp and Scallop Arrabbiata

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces bay scallops
- ☐ 2 teaspoons bottled garlic minced
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 teaspoon fennel seeds crushed
- ☐ 3 tablespoons basil fresh chopped
- ☐ 9 ounce pasta fresh
- ☐ 2 tablespoons olive oil divided
- ☐ 1 cup prechopped onion

- ☐ 1 ounce pancetta chopped
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces shrimp deveined peeled
- ☐ 58 ounce stewed tomatoes organic undrained canned (such as Muir Glen)

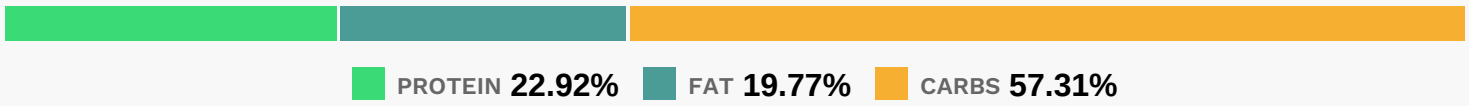
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain. Set aside and keep warm.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp and scallops to pan; sprinkle with salt. Saut 3 minutes or until almost done.
- ☐ Remove shrimp mixture from pan.
- ☐ Heat remaining 1 tablespoon oil in pan over medium-high heat.
- ☐ Add onion, garlic, fennel seeds, pepper, and pancetta to pan; saut 1 minute. Stir in tomatoes; bring to a boil. Cook 2 minutes, stirring occasionally. Return shrimp mixture to pan; cook 1 minute or until thoroughly heated.
- ☐ Remove from heat.
- ☐ Serve shrimp mixture over pasta.
- ☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:20.22, Inflammation Score:-8, Nutrition Score:26.966521488584%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 543.13kcal (27.16%), Fat: 12.22g (18.8%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 79.7g (26.57%), Net Carbohydrates: 72.7g (26.44%), Sugar: 17.91g (19.9%), Cholesterol: 109.57mg (36.52%), Sodium: 1398.67mg (60.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.87g (63.74%), Selenium: 52.05µg (74.35%), Phosphorus: 540.94mg (54.09%), Manganese: 0.98mg (48.89%), Copper: 0.91mg (45.7%), Vitamin C: 36.51mg (44.26%), Iron: 7.1mg (39.42%), Potassium: 1350.61mg (38.59%), Magnesium: 122.56mg (30.64%), Vitamin E: 4.59mg (30.6%), Fiber: 7g (28.01%), Vitamin B3: 4.8mg (24.01%), Calcium: 211.65mg (21.16%), Zinc: 3.08mg (20.51%), Vitamin K: 20.7µg (19.72%), Vitamin B1: 0.29mg (19.65%), Vitamin A: 828.74IU (16.57%), Vitamin B6: 0.31mg (15.26%), Vitamin B12: 0.83µg (13.91%), Vitamin B2: 0.21mg (12.51%), Folate: 49.84µg (12.46%), Vitamin B5: 0.97mg (9.73%)