



Shrimp and Scallops in Garlic Cream Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds soup noodles cooked for an accompaniment
- ☐ 2 tablespoons basil leaves fresh chopped for garnish
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 5 cloves garlic finely chopped
- ☐ 2 cups heavy cream
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup pecorino cheese grated
- ☐ 1.5 pounds sea scallops ()
- ☐ 4 cloves shallots chopped

- ☐ 1.5 pounds shrimp with tails left on deveined peeled ()
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 2 cups white wine

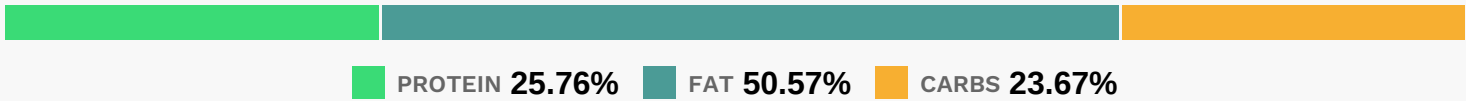
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Special equipment: A fine strainer
- ☐ In a large saute pan, heat 1/4 cup oil and cook garlic and shallot until translucent, about 2 minutes. Deglaze the pan with the wine, and add parsley, basil and thyme and let the liquid reduce by half. Using a fine strainer, strain the reduction into a clean saucepan and add the cream. Over low heat, let the sauce reduce to medium thickness. To the now empty saute pan, add 2 tablespoons olive oil, saute scallops, cook until opaque and remove to a utility platter in a warm place. Then use the same pan to saute shrimp just until pink, and remove to the utility platter.
- ☐ Add cream sauce to saute pan to toss the drained pasta or rice with the cream sauce and seafood, reserving a few scallops and shrimp for the top.
- ☐ Transfer to a serving dish, and sprinkle with cheese, as garnish. Arrange shrimp and scallops on top and garnish with basil sprigs.

Nutrition Facts



Properties

Glycemic Index:37.19, Glycemic Load:12.5, Inflammation Score:-8, Nutrition Score:16.383478340895%

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 Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg

Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 604.59kcal (30.23%), Fat: 31.58g (48.58%), Saturated Fat: 16.04g (100.22%), Carbohydrates: 33.27g (11.09%), Net Carbohydrates: 31.61g (11.49%), Sugar: 2.9g (3.23%), Cholesterol: 231.07mg (77.02%), Sodium: 530.63mg (23.07%), Alcohol: 6.18g (100%), Alcohol %: 2% (100%), Protein: 36.19g (72.39%), Phosphorus: 612.5mg (61.25%), Selenium: 36.37µg (51.95%), Vitamin K: 24.86µg (23.67%), Copper: 0.46mg (22.94%), Vitamin B12: 1.36µg (22.74%), Manganese: 0.43mg (21.64%), Vitamin A: 1025.82IU (20.52%), Magnesium: 78.31mg (19.58%), Zinc: 2.77mg (18.44%), Calcium: 183.58mg (18.36%), Potassium: 558.59mg (15.96%), Iron: 2.32mg (12.89%), Vitamin E: 1.6mg (10.65%), Vitamin B2: 0.18mg (10.5%), Vitamin B6: 0.19mg (9.37%), Fiber: 1.66g (6.65%), Vitamin D: 0.98µg (6.56%), Folate: 25.18µg (6.29%), Vitamin B3: 1.08mg (5.41%), Vitamin B5: 0.5mg (5.02%), Vitamin C: 2.8mg (3.4%), Vitamin B1: 0.05mg (3.03%)