



Shrimp and Scallops in Wine Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons spring onion sliced
- ☐ 1 cup carrots thinly sliced
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 pound shrimp frozen thawed deveined uncooked peeled
- ☐ 1 pound scallops cut in half
- ☐ 0.5 cup wine dry white

- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon pepper red crushed

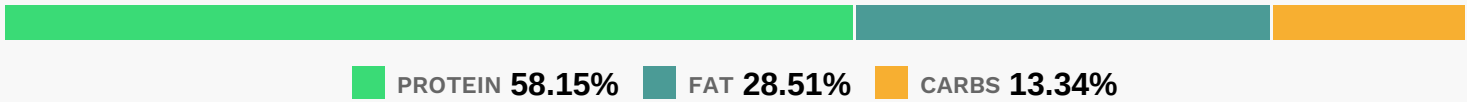
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in 12-inch nonstick skillet over medium heat. Cook garlic, onions, carrots and parsley in oil about 5 minutes, stirring occasionally, until carrots are crisp-tender.
- ☐ Stir in remaining ingredients. Cook 4 to 5 minutes, stirring frequently, until shrimp are pink and firm and scallops are white.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:17.269999887632%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 277.18kcal (13.86%), Fat: 8.07g (12.42%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 7.32g (2.66%), Sugar: 2.02g (2.25%), Cholesterol: 209.79mg (69.93%), Sodium: 608mg (26.43%), Alcohol: 3.09g (100%), Alcohol %: 1.29% (100%), Protein: 37.05g (74.11%), Vitamin A: 5426.28IU (108.53%), Phosphorus: 643.13mg (64.31%), Vitamin K: 30µg (28.57%), Vitamin B12: 1.6µg (26.65%), Copper: 0.5mg (24.78%), Selenium: 14.8µg (21.14%), Potassium: 686.54mg (19.62%), Magnesium: 74.68mg (18.67%), Zinc: 2.72mg (18.13%), Manganese: 0.21mg (10.33%), Calcium: 102.49mg (10.25%), Vitamin B6: 0.16mg (8.1%), Iron: 1.39mg (7.73%), Folate:

28.15µg (7.04%), Vitamin B3: 1.23mg (6.16%), Vitamin E: 0.88mg (5.88%), Vitamin C: 4.76mg (5.77%), Fiber: 1.18g (4.71%), Vitamin B5: 0.36mg (3.63%), Vitamin B2: 0.06mg (3.35%), Vitamin B1: 0.04mg (2.39%)