



Spaghetti with Scallops, Sun-Dried Tomatoes and Olives

READY IN



45 min.

SERVINGS



4

CALORIES



707 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 tablespoons basil leaves chopped
- ☐ 2 tablespoons olives black such as calamata chopped
- ☐ 1 cup coarse bread crumbs fresh
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons oil-packed sun-dried tomatoes chopped
- ☐ 3.5 tablespoons olive oil extra-virgin
- ☐ 1 ounce ricotta salata grated

- ☐ 4 servings salt and pepper freshly ground
- ☐ 1.5 pounds sea scallops
- ☐ 0.8 pound pasta like spaghetti
- ☐ 1 cup tomatoes finely chopped

Equipment

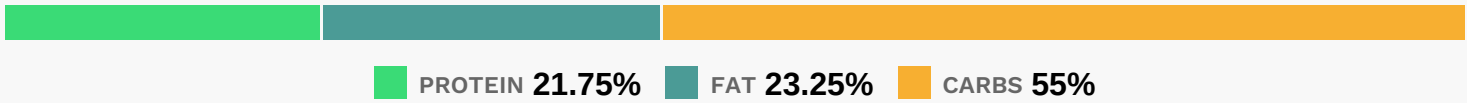
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 40
- ☐ On a rimmed baking sheet, toss the bread crumbs with 1 tablespoon of the olive oil and season with salt and pepper.
- ☐ Bake for 12 minutes, or until browned and crisp.
- ☐ In a small bowl, combine the olives, sun-dried tomatoes, balsamic vinegar and 1/2 tablespoon of the olive oil.
- ☐ In a large pot of boiling salted water, cook the spaghetti until al dente. Meanwhile, in a large skillet, heat the remaining 2 tablespoons of olive oil until shimmering. Season the scallops with salt and pepper and cook over high heat until well browned on the bottom, about 3 minutes. Turn the scallops and cook until just done, about 1 minute longer.
- ☐ Transfer the scallops to a large plate.
- ☐ Add the wine to the skillet and cook, scraping up any browned bits, until reduced to 1/4 cup, about 3 minutes.
- ☐ Pour in any accumulated juices from the scallops and remove from the heat.
- ☐ Drain the spaghetti and transfer it to a large, shallow serving bowl.
- ☐ Add the pan sauce, the olive-and-sun-dried-tomato mixture and the chopped tomatoes and toss well; season with salt and pepper. Arrange the scallops on top of the spaghetti, scatter the ricotta salata, basil and bread crumbs on top and serve.

Wine Recommendation: The sweet scallops, acidic tomatoes and briny olives here point to an assertive but not-too-rich Italian white. Try a Vermentino, such as the 2000 Antinori.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:26.76, Inflammation Score:-7, Nutrition Score:25.446086959994%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 707.47kcal (35.37%), Fat: 17.49g (26.9%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 93.05g (31.02%), Net Carbohydrates: 88.21g (32.08%), Sugar: 6.79g (7.55%), Cholesterol: 44.44mg (14.81%), Sodium: 1138.91mg (49.52%), Alcohol: 3.09g (100%), Alcohol %: 1.03% (100%), Protein: 36.8g (73.6%), Selenium: 83.56µg (119.37%), Phosphorus: 809.33mg (80.93%), Manganese: 1.2mg (59.92%), Vitamin B12: 2.52µg (41.95%), Magnesium: 108.4mg (27.1%), Vitamin B1: 0.38mg (25.34%), Vitamin B3: 4.94mg (24.69%), Potassium: 803.32mg (22.95%), Zinc: 3.38mg (22.56%), Copper: 0.42mg (21.19%), Iron: 3.64mg (20.23%), Folate: 80.65µg (20.16%), Fiber: 4.84g (19.36%), Vitamin B6: 0.34mg (16.83%), Vitamin K: 17.66µg (16.82%), Vitamin E: 2.25mg (14.99%), Vitamin B2: 0.22mg (13.18%), Calcium: 106.49mg (10.65%), Vitamin B5: 1mg (9.98%), Vitamin A: 437.25IU (8.75%), Vitamin C: 6.26mg (7.59%)