



## Venetian Shrimp and Scallops

READY IN



20 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings serving suggestions: asparagus with prosciutto
- 12 leaves basil fresh shredded
- 2 tablespoons butter
- 14 ounce canned tomatoes diced canned
- 1 cup chicken broth
- 4 servings top hot for plate mopping
- 1 cup cooking wine dry white
- 0.3 cup flour with salt and pepper
- 2 cloves garlic chopped

- 1 cups dessert suggestions: lemon sorbet dessert
- 1 lemon zest
- 1 tablespoon olive oil extra-virgin (1 turn around the pan)
- 0.5 teaspoon pepper flakes red crushed
- 0.3 teaspoon saffron threads
- 1 pound sea scallops
- 1 large shallots finely chopped
- 1 pound shrimp deveined peeled

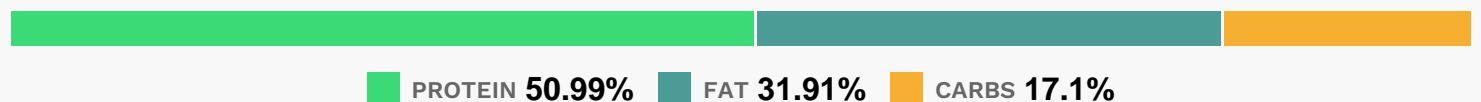
## Equipment

- frying pan

## Directions

- Lightly coat the sea scallops in flour seasoned with salt and pepper. Discard remaining flour.
- Preheat a large skillet over medium high heat.
- Add oil (1 turn around the pan) and butter. When butter melts into oil, add scallops. Brown scallops 2 minutes on each side, then remove from pan.
- Add an additional drizzle of olive oil to the pan and add the garlic, shallots, and crushed red pepper flakes. Reduce heat a little and saute garlic and shallots 2 minutes, stirring constantly.
- Add wine to the pan and free up any pan drippings. Reduce wine 1 minute, then add stock, tomatoes and saffron threads. When liquids come to a bubble, add shrimp and cook 3 minutes. Return scallops to the pan and cook shrimp and scallops 2 to 3 minutes longer.
- Transfer shrimp and scallops to a warm serving dish and top with basil and lemon zest. Pass plenty of bread to enjoy the juices.

## Nutrition Facts



## Properties

Glycemic Index:94.38, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:12.43869562771%

## 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 Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## **Nutrients (% of daily need)**

Calories: 339.92kcal (17%), Fat: 10.52g (16.19%), Saturated Fat: 4.36g (27.27%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 12.15g (4.42%), Sugar: 6.01g (6.67%), Cholesterol: 226.01mg (75.34%), Sodium: 7954.61mg (345.85%), Alcohol: 6.18g (100%), Alcohol %: 1.59% (100%), Protein: 37.84g (75.68%), Phosphorus: 653.05mg (65.31%), Vitamin B12: 1.62µg (27.04%), Copper: 0.52mg (25.77%), Selenium: 15.91µg (22.73%), Magnesium: 75.37mg (18.84%), Zinc: 2.77mg (18.5%), Potassium: 630.44mg (18.01%), Manganese: 0.25mg (12.31%), Calcium: 104.67mg (10.47%), Vitamin K: 9.82µg (9.36%), Iron: 1.58mg (8.76%), Vitamin B6: 0.17mg (8.27%), Vitamin A: 341.48IU (6.83%), Folate: 24.32µg (6.08%), Vitamin B3: 1.12mg (5.62%), Vitamin E: 0.82mg (5.45%), Vitamin B2: 0.08mg (4.62%), Vitamin C: 3.24mg (3.92%), Vitamin B5: 0.33mg (3.28%), Vitamin B1: 0.04mg (2.74%), Fiber: 0.54g (2.18%)