



Warm Buckwheat Noodles with Scallops in Tomato-Pepper Sauce

 Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 bay scallops dry cleaned
- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon basil dried
- ☐ 8 cloves garlic minced
- ☐ 8 kalamata olives pitted sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 bell peppers diced red

- ☐ 1 pinch salt
- ☐ 12 ounce buckwheat soba noodles
- ☐ 4 tomatoes diced ripe

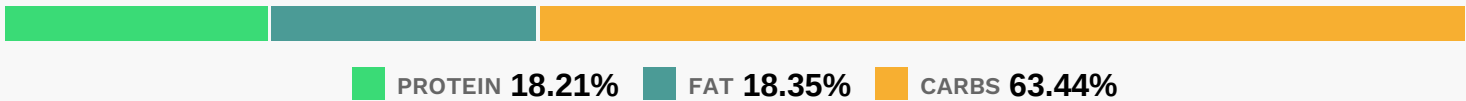
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add soba noodles and cook for 6 to 8 minutes, until al dente.
- ☐ Drain and rinse with a little cool water to stop the cooking. The noodles should remain warm.
- ☐ Meanwhile, heat olive oil in a large skillet over medium-high heat.
- ☐ Place scallops into the hot skillet, and cook until golden brown without moving them in the pan, about 1 minute. Turn the scallops over, and cook until golden brown on the other side, 1 minute more.
- ☐ Remove from the pan and set aside.
- ☐ Stir in the minced garlic, and cook until garlic begins to turn golden brown, about 30 seconds.
- ☐ Add the tomatoes, bell pepper, and basil. Cook and stir until the peppers soften and the tomatoes begin to release their juices. Stir in the Kalamata olives, Dijon mustard, and reserved scallops. Season with salt, and simmer over medium-low heat for 1 minute to allow the flavors to infuse.
- ☐ Place warm noodles onto serving plates and top with scallop mixture to serve.

Nutrition Facts



Properties

Glycemic Index:46.13, Glycemic Load:35.91, Inflammation Score:-10, Nutrition Score:26.912608872289%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 452.35kcal (22.62%), Fat: 9.84g (15.14%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 76.55g (25.52%), Net Carbohydrates: 73.02g (26.55%), Sugar: 5.95g (6.61%), Cholesterol: 14.4mg (4.8%), Sodium: 1135.65mg (49.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.98g (43.96%), Vitamin C: 94.92mg (115.05%), Manganese: 1.47mg (73.56%), Vitamin A: 2928.5IU (58.57%), Phosphorus: 479.7mg (47.97%), Vitamin B1: 0.52mg (34.54%), Magnesium: 122.42mg (30.61%), Vitamin B6: 0.6mg (30.24%), Folate: 108.17µg (27.04%), Vitamin B3: 4.58mg (22.9%), Potassium: 799.69mg (22.85%), Vitamin K: 21.46µg (20.44%), Iron: 3.64mg (20.2%), Vitamin E: 2.97mg (19.83%), Zinc: 2.5mg (16.65%), Copper: 0.33mg (16.52%), Selenium: 11.22µg (16.03%), Fiber: 3.53g (14.13%), Vitamin B12: 0.85µg (14.1%), Vitamin B5: 1.3mg (13.01%), Vitamin B2: 0.21mg (12.27%), Calcium: 75.25mg (7.53%)