



Awesome Baked Sea Scallops

READY IN



24 min.

SERVINGS



4

CALORIES



417 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 5 tablespoons butter melted
- ☐ 5 cloves garlic minced
- ☐ 3 pinches ground nutmeg
- ☐ 4 tablespoons olive oil
- ☐ 0.3 cup parsley chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 16 sea scallops rinsed drained
- ☐ 2 shallots chopped

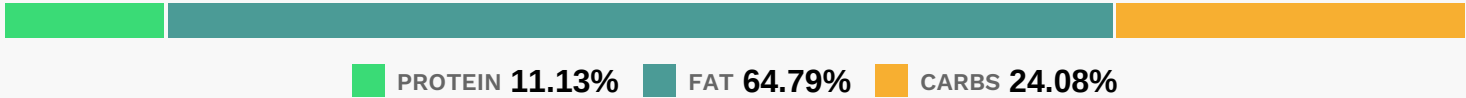
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Place scallops, melted butter, garlic, and shallots in a bowl. Season with nutmeg, salt, and pepper. Stir gently to combine.
- ☐ Transfer to a casserole dish.
- ☐ In a separate bowl, combine bread crumbs and olive oil.
- ☐ Sprinkle on top of scallops.
- ☐ Bake in preheated oven until crumbs are brown and scallops are done, about 11 to 14 minutes. Top with parsley, and serve with lemon wedges on the side.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:13.612608888875%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 417.16kcal (20.86%), Fat: 30.25g (46.54%), Saturated Fat: 11.53g (72.08%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 23.33g (8.48%), Sugar: 2.95g (3.28%), Cholesterol: 52.03mg (17.34%), Sodium: 743.79mg (32.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.7g (23.39%), Vitamin K: 73.1µg (69.62%), Phosphorus: 266.16mg (26.62%), Selenium: 15.36µg (21.94%), Manganese: 0.39mg (19.29%), Vitamin B1: 0.29mg (19.13%), Vitamin E: 2.48mg (16.53%), Vitamin B12: 0.97µg (16.17%), Vitamin A: 756.63IU (15.13%), Folate: 49.65µg

(12.41%), Vitamin B3: 2.33mg (11.65%), Iron: 2.08mg (11.58%), Vitamin C: 7.18mg (8.7%), Vitamin B6: 0.17mg (8.56%), Magnesium: 31.98mg (7.99%), Vitamin B2: 0.13mg (7.91%), Fiber: 1.97g (7.89%), Calcium: 75.44mg (7.54%), Potassium: 260.49mg (7.44%), Zinc: 1.1mg (7.36%), Copper: 0.12mg (5.92%), Vitamin B5: 0.37mg (3.71%)