



Baked Scallops

READY IN



50 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds bay scallops rinsed drained
- 4 tablespoons butter melted
- 0.5 teaspoon parsley dried
- 3 cloves garlic minced
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 0.5 teaspoon paprika
- 0.3 cup parmesan cheese grated
- 0.5 cup seasoned bread crumbs dry

Equipment

- oven
- casserole dish

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Pour melted butter into a 2 quart oval casserole dish. Distribute butter and scallops evenly inside the dish.
- Combine the bread crumbs, onion powder, garlic powder, paprika, parsley, minced garlic and Parmesan cheese.
- Sprinkle this mixture over the scallops.
- Bake in pre-heated oven until scallops are firm, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:13.343478231974%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 309.79kcal (15.49%), Fat: 14.81g (22.79%), Saturated Fat: 8.6g (53.76%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 17.28g (6.28%), Sugar: 0.97g (1.08%), Cholesterol: 76.51mg (25.5%), Sodium: 1068mg (46.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.96g (49.92%), Phosphorus: 646.66mg (64.67%), Vitamin B12: 2.56µg (42.65%), Selenium: 28.39µg (40.56%), Zinc: 2.13mg (14.17%), Magnesium: 48.99mg (12.25%), Potassium: 427.14mg (12.2%), Manganese: 0.24mg (11.92%), Folate: 46.75µg (11.69%), Vitamin B1: 0.17mg (11.29%), Vitamin A: 561.56IU (11.23%), Vitamin B3: 2.18mg (10.9%), Calcium: 103.42mg (10.34%), Vitamin B6: 0.2mg (10.23%), Iron: 1.57mg (8.73%), Vitamin K: 8.42µg (8.02%), Vitamin B2: 0.12mg (7.14%), Vitamin B5: 0.52mg (5.24%), Copper: 0.09mg (4.69%), Fiber: 1.02g (4.07%), Vitamin E: 0.48mg (3.18%), Vitamin C: 1.25mg (1.52%)