



Baked Scallops

 Popular

READY IN



35 min.

SERVINGS



6

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cooking wine dry white (such as a Sauvignon Blanc)
- ☐ 0.3 teaspoon salt salted (omit if using butter)
- ☐ 6 tablespoons butter unsalted divided
- ☐ 1.5 cups onion finely chopped
- ☐ 2.5 tablespoons flour
- ☐ 0.5 cup breadcrumbs fine
- ☐ 4 cups if fresh frozen thawed

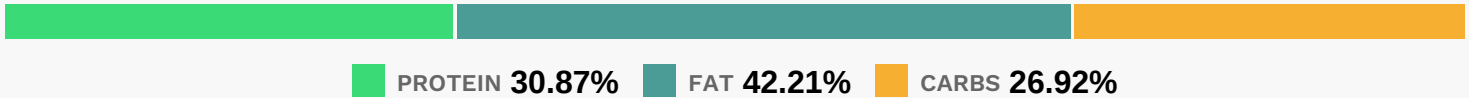
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place scallops in a medium sauté pan.
- ☐ Add the wine and a pinch of salt. Bring to a boil, reduce heat to a simmer, cover and simmer for 4 minutes, no longer.
- ☐ Transfer the scallops to a 1 1/2-quart casserole baking dish using a spatula and arrange in a single layer. It's ok if they're a little crowded or if a few overlap.
- ☐ Pour off the cooking liquid to a separate container and reserve.
- ☐ Heat 3 tablespoons butter in the sauté pan on medium heat.
- ☐ Add the onions and cook until wilted, a couple minutes.
- ☐ Make the sauce: Slowly sprinkle the flour over the butter onion mixture and stir to combine.
- ☐ Let cook for a minute or two. Then add the cooking liquid over the butter onion mixture, whisking vigorously while you do so.
- ☐ As soon as the sauce is thickened, add it to the scallops in the casserole baking dish. Stir gently to fully incorporate the scallops into the sauce.
- ☐ Sprinkle breadcrumbs over the scallops and dot with the remaining 3 tablespoons butter.
- ☐ Bake in the oven at 400°F until bubbly and brown, approximately 15 minutes.
- ☐ Serve with lemon slices.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:2.55, Inflammation Score:-6, Nutrition Score:11.166087088378%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 305.49kcal (15.27%), Fat: 12.84g (19.76%), Saturated Fat: 7.63g (47.69%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 17.26g (6.28%), Sugar: 2.27g (2.52%), Cholesterol: 68.4mg (22.8%), Sodium: 688.71mg (29.94%), Alcohol: 4.13g (100%), Alcohol %: 1.99% (100%), Protein: 21.13g (42.27%), Phosphorus: 560.04mg (56%), Vitamin B12: 2.28µg (37.99%), Selenium: 23.86µg (34.08%), Folate: 48.61µg (12.15%), Potassium: 406.13mg (11.6%), Zinc: 1.67mg (11.12%), Magnesium: 43.54mg (10.89%), Vitamin B3: 1.94mg (9.71%), Vitamin B1: 0.14mg (9.45%), Manganese: 0.18mg (9.15%), Vitamin B6: 0.18mg (8.79%), Vitamin A: 360.6IU (7.21%), Iron: 1.27mg (7.03%), Vitamin B2: 0.09mg (5.35%), Fiber: 1.17g (4.68%), Vitamin B5: 0.47mg (4.67%), Copper: 0.08mg (4.08%), Calcium: 39.01mg (3.9%), Vitamin C: 2.96mg (3.59%), Vitamin E: 0.35mg (2.31%), Vitamin K: 1.76µg (1.67%), Vitamin D: 0.21µg (1.4%)