



## Baked Scallops au Gratin

READY IN



45 min.

SERVINGS



2

CALORIES



223 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup breadcrumbs dry fine (panko)
- ☐ 1 small garlic clove finely minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound sea scallops

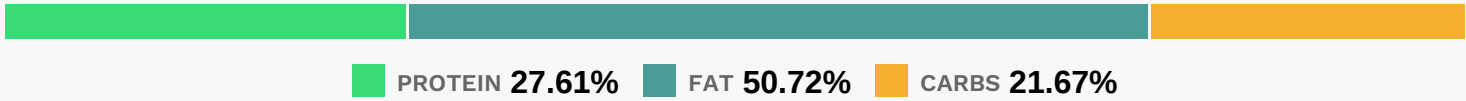
### Equipment

- ☐ oven
- ☐ baking pan

## Directions

- ☐ Place scallops in a lightly greased 1-quart baking dish.
- ☐ Combine breadcrumbs and remaining ingredients, and sprinkle over scallops.
- ☐ Bake at 425 for 15 minutes or until scallops are opaque and topping is golden.

## Nutrition Facts



## Properties

Glycemic Index:56, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:8.2560868885206%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 222.64kcal (11.13%), Fat: 12.47g (19.19%), Saturated Fat: 7.47g (46.68%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 11.42g (4.15%), Sugar: 0.83g (0.93%), Cholesterol: 57.32mg (19.11%), Sodium: 898.81mg (39.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.55%), Phosphorus: 401.9mg (40.19%), Vitamin B12: 1.66µg (27.63%), Selenium: 17.41µg (24.87%), Manganese: 0.17mg (8.49%), Zinc: 1.21mg (8.1%), Potassium: 272.55mg (7.79%), Folate: 30.85µg (7.71%), Magnesium: 30.79mg (7.7%), Vitamin B3: 1.49mg (7.43%), Vitamin B1: 0.11mg (7.36%), Vitamin A: 355.21IU (7.1%), Vitamin B6: 0.12mg (5.9%), Iron: 0.98mg (5.42%), Vitamin C: 3.37mg (4.09%), Vitamin B2: 0.07mg (3.84%), Vitamin B5: 0.34mg (3.37%), Calcium: 32.92mg (3.29%), Copper: 0.06mg (3.04%), Vitamin E: 0.35mg (2.32%), Fiber: 0.57g (2.27%), Vitamin K: 2.07µg (1.98%)