



Baked Scallops With Parma Ham

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 small scallops fresh (18 if they're small)
- 4 slices ham thin
- 1 garlic clove
- 3 tablespoons breadcrumbs dried
- 2 tablespoons parsley
- 2 tablespoons olive oil
- 6 servings bell pepper
- 6 servings bell pepper

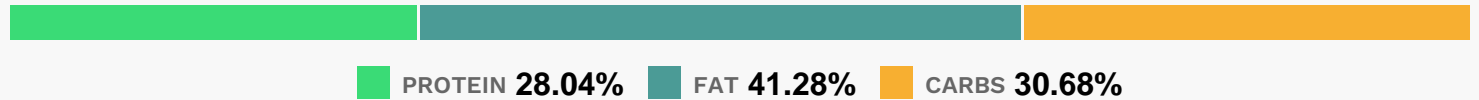
Equipment

- food processor
- oven

Directions

- Preheat oven to 410 F (210 C / T 7).
- Mix breadcrumbs, Parma ham, garlic, parsley and 1 teaspoon of olive oil in a food processor.
- Fold a piece of kitchen paper, pour 1 teaspoon of olive oil on it and use it to grease an oven rack.
- Place scallops on the greased rack and top them with Parma ham mix.
- Pour a dash of olive oil on top and bake in oven for 8 minutes.
- Serve as a starter with a few leaves of lamb's lettuce or rocket if you like.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.93, Inflammation Score:-9, Nutrition Score:21.119565217391%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 187.73kcal (9.39%), Fat: 8.82g (13.56%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 11.33g (4.12%), Sugar: 6.58g (7.32%), Cholesterol: 25.97mg (8.66%), Sodium: 500.26mg (21.75%), Protein: 13.48g (26.95%), Vitamin C: 192.65mg (233.51%), Vitamin A: 4779.35IU (95.59%), Vitamin K: 32.32µg (30.78%), Phosphorus: 288.88mg (28.89%), Vitamin B6: 0.56mg (28.09%), Folate: 86.09µg (21.52%), Vitamin E: 3.11mg (20.72%), Selenium: 13.4µg (19.14%), Vitamin B1: 0.25mg (16.49%), Vitamin B12: 0.98µg (16.38%), Vitamin B3: 3.07mg (15.33%), Potassium: 510.02mg (14.57%), Fiber: 3.41g (13.63%), Manganese: 0.24mg (11.81%), Vitamin B2: 0.2mg (11.7%), Zinc: 1.44mg (9.63%), Magnesium: 37.57mg (9.39%), Iron: 1.39mg (7.72%), Vitamin B5: 0.72mg

(7.23%), Copper: 0.07mg (3.54%), Calcium: 27.28mg (2.73%)