



## Bay Scallops with Garlic Parsley Butter Sauce

READY IN



13 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds bay scallops fresh dry thawed rinsed
- 4 tablespoons butter cold cut into cubes
- 1 pinch cayenne pepper
- 0.3 cup flat-leaf parsley fresh chopped
- 4 cloves garlic minced
- 4 servings salt and ground pepper black to taste
- 4 slices bread italian thick toasted
- 2 tablespoons juice of lemon
- 1.5 tablespoons olive oil

0.5 cup white wine

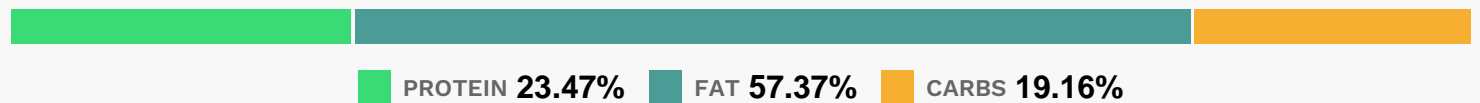
## Equipment

frying pan

## Directions

- Spread 1/2 tablespoon butter on one side of each piece of toasted Italian bread. Set aside.
- Heat olive oil in a skillet over high heat. When oil begins to smoke, pour scallops into pan. Cook for 30 seconds without stirring.
- Toss scallops in pan and stir in garlic. Cook and stir until fragrant, about 30 seconds.
- Stir wine and lemon juice into scallops, bring to a boil, and cook for about 30 seconds.
- Stir parsley and cold butter into scallops and remove from heat. When butter melts, stir in salt, black pepper, and cayenne pepper.
- Spoon scallops over buttered toast and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:47.75, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:14.387825831123%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 408.16kcal (20.41%), Fat: 24.57g (37.8%), Saturated Fat: 11.99g (74.94%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 17.52g (6.37%), Sugar: 6.73g (7.48%), Cholesterol: 70.92mg (23.64%), Sodium: 835.32mg (36.32%), Alcohol: 3.09g (100%), Alcohol %: 1.54% (100%), Protein: 22.62g (45.23%), Vitamin K: 66µg (62.85%),

Phosphorus: 591.88mg (59.19%), Vitamin B12: 2.42µg (40.37%), Selenium: 22.39µg (31.98%), Vitamin A: 682.53IU (13.65%), Potassium: 459.17mg (13.12%), Folate: 47.87µg (11.97%), Magnesium: 47.39mg (11.85%), Zinc: 1.72mg (11.45%), Vitamin B3: 2.21mg (11.07%), Vitamin C: 8.85mg (10.72%), Vitamin B6: 0.18mg (9.23%), Iron: 1.48mg (8.23%), Vitamin E: 1.13mg (7.54%), Manganese: 0.13mg (6.72%), Vitamin B5: 0.44mg (4.39%), Fiber: 0.94g (3.77%), Vitamin B2: 0.06mg (3.6%), Vitamin B1: 0.05mg (3.55%), Copper: 0.06mg (2.88%), Calcium: 27.85mg (2.79%)