



Bay Scallops with Polenta, Wild Mushrooms, Sherry, and Parsley Bread Crumbs

READY IN



45 min.

SERVINGS



6

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bay scallops
- ☐ 1 cup breadcrumbs from bread fresh french with crust
- ☐ 12 ounces chanterelles wild fresh stemmed quartered (such as oyster, shiitake, or crimini, if large)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2.5 teaspoons thyme leaves fresh chopped
- ☐ 1 cup green onions chopped
- ☐ 0.3 cup low-salt chicken broth
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 1 cup polenta
- ☐ 1 teaspoon salt
- ☐ 0.5 cup amontillado sherry
- ☐ 9 tablespoons butter unsalted divided
- ☐ 4 cups water ()
- ☐ 0.3 cup whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

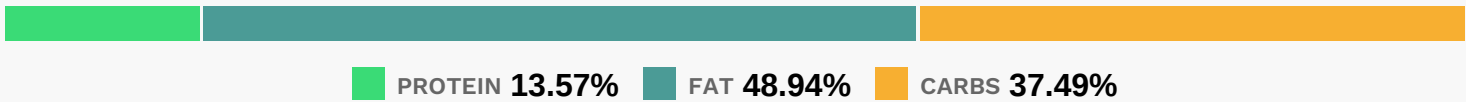
Directions

- ☐ Preheat oven to 350°F. Toss breadcrumbs with olive oil and parsley in medium bowl to blend.
- ☐ Spread onto rimmed baking sheet.
- ☐ Bake until golden and crunchy, stirring occasionally, about 15 minutes. (Can be made 1 day ahead. Cool completely. Store in airtight container at room temperature.)
- ☐ Melt 4 tablespoons butter in heavy large skillet over medium-high heat.
- ☐ Add mushrooms and thyme. Sauté until mushrooms are tender, stirring occasionally, about 7 minutes.
- ☐ Add green onions; sauté 1 minute.
- ☐ Add Sherry; boil until slightly reduced, about 2 minutes.
- ☐ Add broth. Boil until reduced by half, about 3 minutes.
- ☐ Add cream; simmer until thickened, about 3 minutes. (Can be made 3 hours ahead. Cover and refrigerate.)
- ☐ Bring 4 cups water and 1 teaspoon salt to boil in heavy medium saucepan. Gradually whisk in polenta. Reduce heat to medium-low. Cook polenta until tender, adding more water as

needed if too thick, and whisking frequently, about 20 minutes. Stir in 3 tablespoons butter. Season with salt and pepper. Cover to keep warm.

- ☐ Reheat mushroom mixture. Melt 2 tablespoons butter in another large skillet over high heat.
- ☐ Add scallops and sauté until just translucent in center, about 1 minute. Stir scallops and juices into mushrooms. Season with salt and pepper.
- ☐ Divide polenta among 6 plates. Spoon scallop mixture over polenta, sprinkle breadcrumbs over, and serve.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:10.45, Inflammation Score:-9, Nutrition Score:20.404782689136%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 530.23kcal (26.51%), Fat: 28.17g (43.34%), Saturated Fat: 14.15g (88.46%), Carbohydrates: 48.56g (16.19%), Net Carbohydrates: 43.81g (15.93%), Sugar: 3.99g (4.44%), Cholesterol: 74.5mg (24.83%), Sodium: 896.21mg (38.97%), Alcohol: 2.06g (100%), Alcohol %: 0.59% (100%), Protein: 17.57g (35.15%), Vitamin K: 63.06µg (60.05%), Selenium: 27.42µg (39.16%), Phosphorus: 380.19mg (38.02%), Manganese: 0.74mg (37.08%), Vitamin B3: 5.66mg (28.31%), Iron: 4.53mg (25.18%), Vitamin D: 3.48µg (23.19%), Vitamin A: 1048.41IU (20.97%), Fiber: 4.75g (19%), Vitamin B12: 1.13µg (18.79%), Potassium: 629.48mg (17.99%), Copper: 0.35mg (17.6%), Vitamin B2: 0.29mg (17.27%), Folate: 62.37µg (15.59%), Vitamin B1: 0.23mg (15%), Magnesium: 57.46mg (14.36%), Vitamin B5: 1.3mg (13.03%), Zinc: 1.8mg (11.98%), Calcium: 98.87mg (9.89%), Vitamin B6: 0.19mg (9.61%), Vitamin E: 1.43mg (9.51%), Vitamin C: 6.38mg (7.73%)