

# Broiled Scallops

 **Gluten Free**  **Popular**

READY IN



13 min.

SERVINGS



3

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 pounds bay scallops
- 2 tablespoons butter melted
- 1 tablespoon garlic salt
- 2 tablespoons juice of lemon

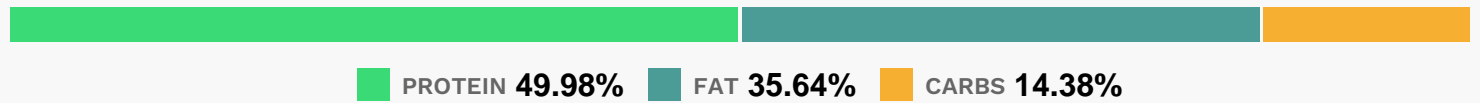
## Equipment

- oven
- baking pan
- broiler

## Directions

- Turn broiler on.
- Rinse scallop and place in a shallow baking pan.
- Sprinkle with garlic salt, melted butter or margarine and lemon juice.
- Broil 6 to 8 minutes or until scallops start to turn golden.
- Remove from oven and serve with extra melted butter or margarine on the side for dipping.

## Nutrition Facts



## Properties

Glycemic Index:16.67, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:11.735217643497%

## Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 225.61kcal (11.28%), Fat: 8.7g (13.39%), Saturated Fat: 5.09g (31.82%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 7.88g (2.86%), Sugar: 0.26g (0.29%), Cholesterol: 74.5mg (24.83%), Sodium: 3274.63mg (142.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.47g (54.93%), Phosphorus: 760.54mg (76.05%), Vitamin B12: 3.21µg (53.56%), Selenium: 29.14µg (41.63%), Zinc: 2.08mg (13.89%), Potassium: 477.95mg (13.66%), Magnesium: 50.74mg (12.69%), Folate: 38.57µg (9.64%), Vitamin B6: 0.17mg (8.52%), Vitamin B3: 1.61mg (8.04%), Vitamin B5: 0.51mg (5.11%), Iron: 0.89mg (4.95%), Vitamin A: 240.64IU (4.81%), Vitamin C: 3.87mg (4.69%), Copper: 0.06mg (2.78%), Manganese: 0.05mg (2.29%), Vitamin B2: 0.04mg (2.28%), Calcium: 17.89mg (1.79%), Vitamin E: 0.23mg (1.54%), Vitamin B1: 0.02mg (1.25%)