



Broiled Shrimp and Scallops

READY IN



15 min.

SERVINGS



6

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounces baby spinach leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter cut into pieces
- ☐ 1 pint cherry tomatoes halved
- ☐ 0.3 cup cooking wine dry white
- ☐ 6 servings bread french
- ☐ 3 garlic cloves pressed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pinch pepper dried red crushed

- ☐ 0.5 teaspoon salt
- ☐ 1 pound sea scallops (slice in half if more than)
- ☐ 1 pound and shrimp deveined peeled
- ☐ 1 tablespoon worcestershire sauce

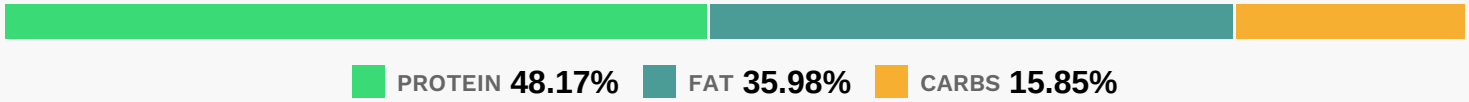
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ broiler

Directions

- ☐ Preheat broiler with oven rack 6 inches away from element.
- ☐ Place butter in a large roasting pan, and place pan in oven just until butter melts.
- ☐ Remove pan from oven, and stir in wine and next 6 ingredients.
- ☐ Add shrimp, scallops, and tomatoes, tossing to coat.
- ☐ Return pan to oven, and broil 3 minutes. Stir shrimp and turn scallops; broil 2 more minutes.
- ☐ Remove pan from oven, and add spinach, tossing about 1 minute or until slightly wilted.
- ☐ Serve with French bread.

Nutrition Facts



Properties

Glycemic Index:39.92, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:19.129565259685%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg,

Naringenin: 0.09mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 222.74kcal (11.14%), Fat: 8.65g (13.31%), Saturated Fat: 5.07g (31.69%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 7.41g (2.69%), Sugar: 2.61g (2.9%), Cholesterol: 160.19mg (53.4%), Sodium: 712.34mg (30.97%), Alcohol: 1.37g (100%), Alcohol %: 0.61% (100%), Protein: 26.05g (52.1%), Vitamin K: 117.25µg (111.66%), Vitamin A: 2847.47IU (56.95%), Phosphorus: 458.04mg (45.8%), Vitamin C: 26.42mg (32.03%), Copper: 0.42mg (20.84%), Potassium: 703.94mg (20.11%), Manganese: 0.39mg (19.51%), Vitamin B12: 1.08µg (18.03%), Magnesium: 71.76mg (17.94%), Folate: 70.62µg (17.65%), Selenium: 10.94µg (15.63%), Zinc: 2mg (13.32%), Iron: 2.12mg (11.8%), Vitamin B6: 0.19mg (9.6%), Calcium: 95.41mg (9.54%), Vitamin E: 1.16mg (7.71%), Vitamin B3: 1.22mg (6.12%), Vitamin B2: 0.09mg (5.23%), Fiber: 1.16g (4.64%), Vitamin B1: 0.07mg (4.4%), Vitamin B5: 0.31mg (3.13%)