



Cappa Santa

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



65 kcal

SIDE DISH

Ingredients

- 3 teaspoons butter
- 6 teaspoons wine dry white
- 1 tablespoon optional: lemon
- 6 servings flat parsley italian chopped
- 6 servings bell pepper
- 6 servings salt
- 6 large scallops
- 3 teaspoons shallots chopped

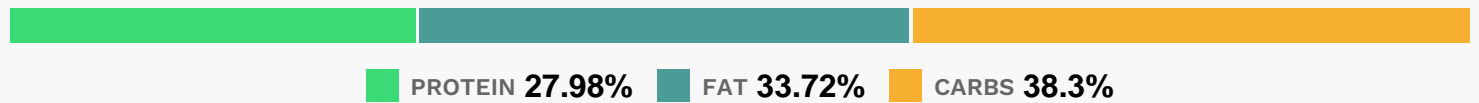
Equipment

- baking sheet
- broiler

Directions

- Preheat broiler. Put 6 scallop baking shells on a baking sheet. Put 1 large sea scallop in each shell. Top each with 1/2 teaspoon chopped shallots, 1/2 teaspoon butter, and 1 teaspoon dry white wine.
- Sprinkle with salt and pepper.
- Put them under the broiler for 3 minutes. This recipe should take you about 5 minutes to do – it takes me 1 minute. Got it?
- Sprinkle with chopped Italian parsley.
- Add a squeeze of lemon and they're ready to serve. Don't burn your fingers!

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:1.08, Inflammation Score:-9, Nutrition Score:14.300869584084%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 64.97kcal (3.25%), Fat: 2.44g (3.75%), Saturated Fat: 1.37g (8.59%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 4.43g (1.61%), Sugar: 3.35g (3.73%), Cholesterol: 12.57mg (4.19%), Sodium: 333.1mg (14.48%), Alcohol: 0.51g (100%), Alcohol %: 0.54% (100%), Protein: 4.55g (9.1%), Vitamin C: 102.07mg (123.72%), Vitamin K:

69.45µg (66.15%), Vitamin A: 2733.51IU (54.67%), Vitamin B6: 0.25mg (12.51%), Phosphorus: 124.38mg (12.44%), Folate: 45.89µg (11.47%), Vitamin E: 1.27mg (8.46%), Potassium: 251.79mg (7.19%), Fiber: 1.8g (7.19%), Vitamin B12: 0.43µg (7.12%), Selenium: 3.97µg (5.67%), Manganese: 0.1mg (5.25%), Vitamin B3: 1mg (5.02%), Magnesium: 18.5mg (4.63%), Vitamin B2: 0.07mg (4.36%), Iron: 0.72mg (4.03%), Zinc: 0.52mg (3.44%), Vitamin B5: 0.33mg (3.29%), Vitamin B1: 0.05mg (3.18%), Calcium: 14.72mg (1.47%), Copper: 0.03mg (1.38%)