



## Coquilles Saint Jacques

READY IN



65 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 lb bay scallops
- ☐ 1 cup wine dry white
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter
- ☐ 2 cups mushrooms sliced
- ☐ 2 tablespoons spring onion chopped
- ☐ 3 tablespoons butter
- ☐ 3 tablespoons flour all-purpose

- ☐ 2 oz swiss cheese shredded
- ☐ 1 cup breadcrumbs soft ()
- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup frangelico

## Equipment

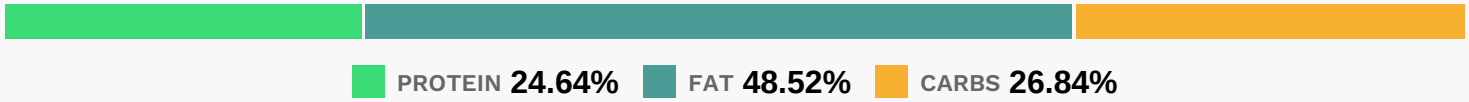
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ slotted spoon

## Directions

- ☐ Lightly grease six 4-inch baking shells or ceramic ramekins\*\* with butter.
- ☐ Place in 15x10x1-inch pan.
- ☐ In 3-quart saucepan, place scallops, wine, parsley and salt.
- ☐ Add just enough water to cover scallops.
- ☐ Heat to boiling; reduce heat to low. Simmer uncovered about 6 minutes or until scallops are white.
- ☐ Remove scallops with slotted spoon; reserve liquid.
- ☐ Heat reserved liquid to boiling. Boil until reduced to 1 cup. Strain and reserve.
- ☐ In same saucepan, melt 2 tablespoons butter over medium heat. Cook mushrooms and shallots in butter 5 to 6 minutes, stirring occasionally, until mushrooms are tender.
- ☐ Remove from saucepan.
- ☐ In same saucepan, melt 3 tablespoons butter over medium heat. Stir in flour. Cook, stirring constantly, until smooth and bubbly; remove from heat. Gradually stir in reserved liquid.
- ☐ Heat to boiling, stirring constantly; cook and stir 1 minute. Stir in half-and-half, scallops, mushroom mixture and 1/4 cup of the cheese; heat through.

- ☐
- In small bowl, toss bread crumbs and 2 tablespoons melted butter. Divide scallop mixture among baking shells.
- ☐
- Sprinkle with remaining 1/4 cup cheese and the bread crumbs.
- ☐
- Set oven control to broil. Broil baking shells with tops 5 inches from heat 3 to 5 minutes or until crumbs are toasted.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:2.55, Inflammation Score:-7, Nutrition Score:15.916521805784%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 358.95kcal (17.95%), Fat: 17.76g (27.32%), Saturated Fat: 4.84g (30.22%), Carbohydrates: 22.1g (7.37%), Net Carbohydrates: 20.73g (7.54%), Sugar: 2.21g (2.46%), Cholesterol: 36mg (12%), Sodium: 946.97mg (41.17%), Alcohol: 4.12g (100%), Alcohol %: 2.19% (100%), Protein: 20.29g (40.58%), Phosphorus: 507.41mg (50.74%), Vitamin K: 46.63µg (44.41%), Selenium: 26.2µg (37.43%), Vitamin B12: 1.98µg (32.94%), Vitamin A: 896.62IU (17.93%), Vitamin B3: 3.46mg (17.32%), Vitamin B2: 0.28mg (16.56%), Vitamin B1: 0.25mg (16.35%), Folate: 56.2µg (14.05%), Manganese: 0.28mg (14.01%), Calcium: 138.88mg (13.89%), Zinc: 1.98mg (13.21%), Potassium: 434.9mg (12.43%), Magnesium: 45.66mg (11.41%), Iron: 1.94mg (10.78%), Copper: 0.19mg (9.54%), Vitamin B5: 0.92mg (9.22%), Vitamin B6: 0.17mg (8.55%), Fiber: 1.37g (5.46%), Vitamin C: 4.41mg (5.34%), Vitamin E: 0.61mg (4.08%)