



Cornmeal and Spice-Crusted Scallops

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 teaspoons ground coriander
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon onion powder
- ☐ 0.1 teaspoon salt
- ☐ 1.5 pounds sea scallops

☐

1 tablespoon cornmeal yellow

Equipment

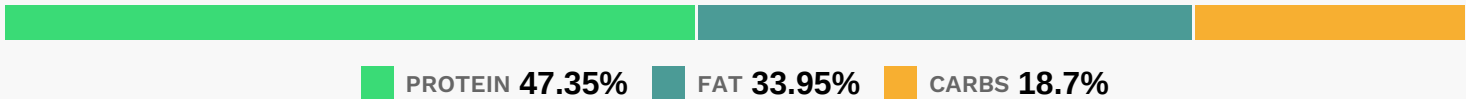
☐

frying pan

Directions

- ☐ Combine first 6 ingredients in a shallow dish. Dredge both sides of scallops in cornmeal mixture.
- ☐ Heat olive oil and butter in a large skillet over medium-high heat.
- ☐ Add scallops to pan, and cook 3 minutes. Carefully turn over; cook 1 minute or until done.

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:1.11, Inflammation Score:-3, Nutrition Score:9.4095652816088%

Nutrients (% of daily need)

Calories: 181.06kcal (9.05%), Fat: 6.69g (10.3%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 7.55g (2.75%), Sugar: 0.07g (0.07%), Cholesterol: 46.2mg (15.4%), Sodium: 756.47mg (32.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21g (42%), Phosphorus: 580.9mg (58.09%), Vitamin B12: 2.4µg (40.04%), Selenium: 22.34µg (31.91%), Zinc: 1.7mg (11.31%), Magnesium: 44.13mg (11.03%), Potassium: 377.84mg (10.8%), Vitamin B6: 0.15mg (7.36%), Folate: 28.49µg (7.12%), Vitamin B3: 1.28mg (6.42%), Iron: 0.94mg (5.23%), Manganese: 0.08mg (3.95%), Vitamin B5: 0.39mg (3.89%), Vitamin E: 0.58mg (3.83%), Fiber: 0.74g (2.97%), Copper: 0.06mg (2.96%), Vitamin K: 2.4µg (2.29%), Calcium: 19.66mg (1.97%), Vitamin B2: 0.03mg (1.91%), Vitamin B1: 0.02mg (1.65%), Vitamin A: 67.92IU (1.36%)