



Creamed Scallops, Corn, and Tomatoes

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds bay scallops
- 14.5 ounce canned tomatoes diced drained canned
- 1.5 cups whole-kernel corn frozen thawed
- 1 teaspoon basil dried
- 0.5 teaspoon thyme leaves dried
- 2 tablespoons flour all-purpose
- 1 cup green onions sliced
- 1 Dash to 1/4 teaspoon ground pepper red
- 1 tablespoon butter

- 0.5 teaspoon salt
- 0.5 cup milk whole

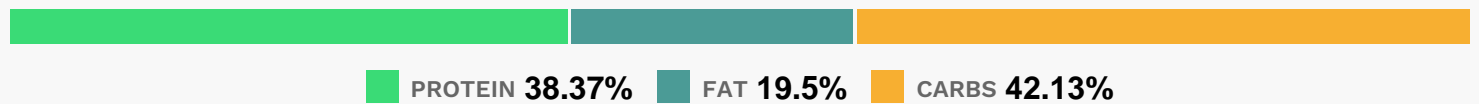
Equipment

- frying pan

Directions

- Melt margarine over medium-high heat in a large nonstick skillet.
- Add green onions and scallops; saut 3 minutes.
- Add flour, basil, salt, thyme, and red pepper, stirring until blended. Stir in corn, milk, and tomatoes; bring to a boil, and cook 2 minutes or until slightly thick, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:5.1, Inflammation Score:-8, Nutrition Score:20.885216972102%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 257.58kcal (12.88%), Fat: 5.77g (8.88%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 23.98g (8.72%), Sugar: 9.32g (10.36%), Cholesterol: 44.48mg (14.83%), Sodium: 1268.13mg (55.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.11%), Phosphorus: 675.22mg (67.52%), Vitamin K: 63.75µg (60.71%), Vitamin B12: 2.57µg (42.78%), Selenium: 24.77µg (35.39%), Potassium: 859.38mg (24.55%), Folate: 87.37µg (21.84%), Manganese: 0.39mg (19.47%), Magnesium: 77.66mg (19.41%), Vitamin C: 15.23mg (18.46%), Vitamin B3: 3.47mg (17.36%), Iron: 3.08mg (17.09%), Vitamin B6: 0.34mg (17.08%), Fiber: 4.08g (16.32%), Zinc: 2.3mg (15.32%), Copper: 0.28mg (14.03%), Vitamin A: 694.59IU (13.89%), Vitamin B2: 0.22mg (12.9%), Vitamin B1: 0.17mg (11.55%), Calcium: 112.3mg (11.23%), Vitamin E: 1.65mg (10.98%), Vitamin B5: 1.02mg (10.24%), Vitamin D: 0.34µg (2.24%)