



Creamy Scallops Parisienne

READY IN



45 min.

SERVINGS



6

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds bay scallops
- ☐ 0.3 cup butter divided
- ☐ 1 cup chablis wine dry white
- ☐ 1 cup bottled clam juice
- ☐ 2 egg yolks lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons green onions minced
- ☐ 0.3 teaspoon ground pepper white
- ☐ 2 teaspoons juice of lemon

- ☐ 0.5 teaspoon salt
- ☐ 2 ounces swiss cheese shredded
- ☐ 0.8 cup whipping cream

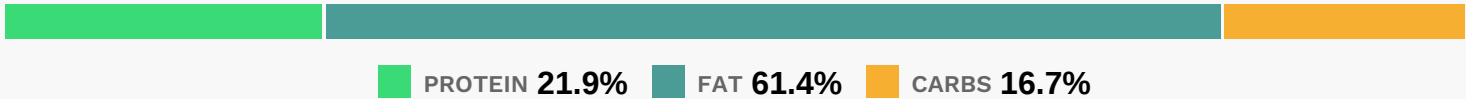
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Bring first 3 ingredients to a boil in a large saucepan over medium heat. Reduce heat, and add scallops; simmer 1 minute or until scallops are opaque and slightly firm. Strain scallop mixture, reserving liquid; set scallops and onions aside. Return liquid to saucepan. Bring to a boil; cook, uncovered, 15 minutes or until liquid is reduced to 1 cup.
- ☐ Melt 1/4 cup butter in a small, heavy saucepan over medium heat; add flour. Cook 1 minute, stirring constantly with a wire whisk. Gradually add reduced liquid and whipping cream, stirring constantly. Cook, stirring constantly, an additional 2 minutes or until thickened and bubbly. Gradually stir about one-fourth of hot mixture into beaten egg yolks; add to remaining hot mixture, stirring constantly. Cook an additional minute or until thickened.
- ☐ Remove from heat.
- ☐ Add lemon juice, salt, and white pepper; stir well.
- ☐ Combine scallop mixture and 1 cup sauce; stir well. Spoon scallop mixture evenly into 6 lightly greased individual gratin dishes. Spoon remaining 1 cup sauce evenly over scallop mixture.
- ☐ Sprinkle evenly with cheese. Dot tops evenly with remaining 1 tablespoon butter.
- ☐ Bake at 375 for 15 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:3.1, Inflammation Score:-6, Nutrition Score:11.547826051712%

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 Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 375.61kcal (18.78%), Fat: 23.63g (36.35%), Saturated Fat: 14.15g (88.45%), Carbohydrates: 14.46g (4.82%), Net Carbohydrates: 14.08g (5.12%), Sugar: 2.7g (3%), Cholesterol: 154.76mg (51.59%), Sodium: 872.71mg (37.94%), Alcohol: 4.12g (100%), Alcohol %: 2.03% (100%), Protein: 18.96g (37.92%), Phosphorus: 494.1mg (49.41%), Vitamin B12: 2.08µg (34.61%), Selenium: 23.69µg (33.84%), Vitamin A: 920.84IU (18.42%), Calcium: 129.97mg (13%), Zinc: 1.79mg (11.93%), Folate: 43.94µg (10.98%), Vitamin B2: 0.17mg (10.29%), Potassium: 352.65mg (10.08%), Magnesium: 38.34mg (9.58%), Vitamin B6: 0.17mg (8.48%), Vitamin B3: 1.28mg (6.41%), Manganese: 0.13mg (6.29%), Vitamin B5: 0.63mg (6.27%), Iron: 1.09mg (6.07%), Vitamin K: 6.1µg (5.81%), Vitamin D: 0.8µg (5.33%), Vitamin B1: 0.08mg (5.24%), Vitamin E: 0.76mg (5.1%), Vitamin C: 3.19mg (3.86%), Copper: 0.06mg (3.09%), Fiber: 0.38g (1.51%)