



Curried Sea Scallops

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon curry powder
- ☐ 0.3 cup half-and-half fat-free
- ☐ 0.7 cup less-sodium chicken broth fat-free
- ☐ 4 teaspoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 2 teaspoons olive oil divided
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 1.3 pounds sea scallops

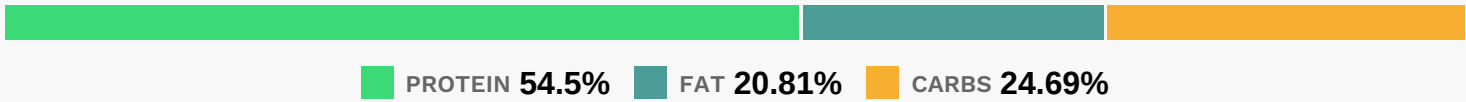
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine first 6 ingredients in a bowl; stir well, and set aside.
- ☐ Pat scallops dry with paper towels to remove excess moisture; lightly coat with flour. Coat a large nonstick skillet with cooking spray; add 1 teaspoon oil.
- ☐ Place pan over medium-high heat until hot.
- ☐ Add half of scallops; cook 2 minutes on each side.
- ☐ Remove scallops from pan; set aside, and keep warm. Repeat procedure with remaining oil and scallops.
- ☐ Return scallops to pan.
- ☐ Add broth mixture; bring to a boil. Cook 3 minutes or until sauce is slightly thickened.
- ☐ Sprinkle with parsley and green onions.
- ☐ carbo rating: 7

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:1.19, Inflammation Score:-4, Nutrition Score:10.713043430577%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin:

0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 136.61kcal (6.83%), Fat: 3.07g (4.72%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 7.83g (2.85%), Sugar: 0.94g (1.05%), Cholesterol: 34.76mg (11.59%), Sodium: 1017.74mg (44.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.07g (36.14%), Phosphorus: 505.96mg (50.6%), Vitamin K: 40.83µg (38.88%), Vitamin B12: 2.15µg (35.85%), Selenium: 20.17µg (28.82%), Potassium: 363.28mg (10.38%), Zinc: 1.48mg (9.88%), Magnesium: 37.25mg (9.31%), Folate: 33.24µg (8.31%), Vitamin B3: 1.4mg (7.01%), Vitamin B6: 0.13mg (6.4%), Iron: 0.99mg (5.51%), Vitamin C: 4.1mg (4.96%), Vitamin B2: 0.08mg (4.7%), Vitamin B5: 0.44mg (4.41%), Vitamin A: 213.48IU (4.27%), Manganese: 0.08mg (4.16%), Calcium: 32.06mg (3.21%), Copper: 0.06mg (2.79%), Vitamin B1: 0.04mg (2.76%), Vitamin E: 0.41mg (2.75%), Fiber: 0.36g (1.44%)