



Deb's Scallops Florentine

READY IN



55 min.

SERVINGS



6

CALORIES



354 kcal

Ingredients

- ☐ 0.3 cup bread crumbs plain
- ☐ 3 tablespoons butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 10 ounce pkt spinach frozen thawed chopped
- ☐ 6 servings ground pepper black to taste
- ☐ 1 cup heavy cream
- ☐ 1 tablespoon old bay® seasoning
- ☐ 0.3 cup parmesan cheese grated
- ☐ 6 servings salt to taste
- ☐ 1 pound sea scallops

☐ 1 cup mozzarella cheese shredded

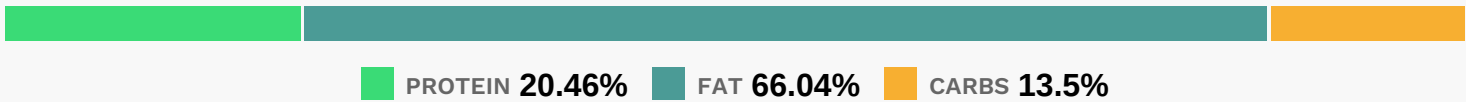
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch pie plate.
- ☐ Bring a pot of water to a rolling boil. Rinse the scallops, and drop them into the boiling water; cook for 2 minutes.
- ☐ Remove the scallops with a slotted spoon, and pat dry.
- ☐ Place on the bottom of the prepared pie plate.
- ☐ In a small saucepan, melt the butter, and stir in the flour. Cook over low heat for 3 minutes.
- ☐ Whisk in heavy cream and 1/4 cup Parmesan cheese. Season with salt and pepper to taste. Cook for another 2 to 3 minutes, stirring constantly, or until thick.
- ☐ Squeeze the spinach dry, and spread over the scallops.
- ☐ Pour the cream sauce over the spinach, and top with mozzarella cheese, 1/4 cup Parmesan cheese, and bread crumbs.
- ☐ Sprinkle Old Bay Seasoning over the bread crumbs.
- ☐ Bake in preheated oven for 15 minutes, or until browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:1.5, Inflammation Score:-10, Nutrition Score:21.657391351202%

Nutrients (% of daily need)

Calories: 353.64kcal (17.68%), Fat: 26.29g (40.45%), Saturated Fat: 16.02g (100.12%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 10.36g (3.77%), Sugar: 1.97g (2.19%), Cholesterol: 96.39mg (32.13%), Sodium: 803.97mg (34.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.32g (36.65%), Vitamin K: 183.86µg (175.11%), Vitamin A: 6481.06IU (129.62%), Phosphorus: 404.26mg (40.43%), Selenium: 20.44µg (29.2%), Vitamin B12: 1.64µg (27.32%), Calcium: 240.26mg (24.03%), Manganese: 0.47mg (23.62%), Folate: 94.29µg (23.57%), Vitamin B2: 0.29mg (17.25%), Magnesium: 64.33mg (16.08%), Vitamin E: 1.97mg (13.13%), Zinc: 1.88mg (12.57%), Potassium: 397.1mg (11.35%), Iron: 1.9mg (10.57%), Vitamin B6: 0.18mg (8.82%), Vitamin B1: 0.13mg (8.65%), Fiber: 1.74g (6.96%), Vitamin B3: 1.29mg (6.45%), Copper: 0.12mg (5.78%), Vitamin D: 0.73µg (4.87%), Vitamin B5: 0.39mg (3.93%), Vitamin C: 2.92mg (3.54%)