



Fried Day-boat Scallops

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup japanese breadcrumbs (Panko)
- ☐ 1 large eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 4 servings lemon wedges
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 20 medium sea scallops
- ☐ 4 servings tartar sauce homemade

- ☐ 3 cups vegetable oil
- ☐ 1 tablespoon water

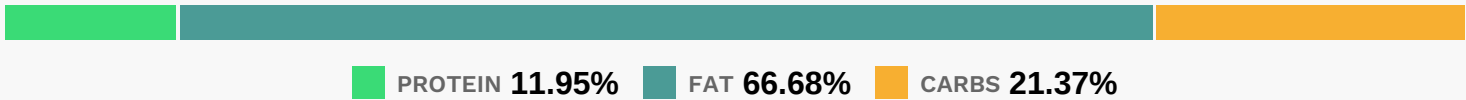
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Combine flour, salt, and pepper in a bowl.
- ☐ Combine egg and water in a bowl.
- ☐ Place breadcrumbs on a shallow plate. Dredge scallops in flour mixture; dip in egg mixture, and dredge in crumbs. Cover and chill 20 minutes.
- ☐ Pour oil in a 2-quart heavy saucepan; heat to 37
- ☐ Fry scallops, in batches, about 1 1/2 minutes or until golden.
- ☐ Drain on paper towels.
- ☐ Serve immediately with lemon wedges and Homemade Tartar Sauce.
- ☐ Wine note: "I recommend Honig Reserve Sauvignon Blanc (\$2
- ☐ from California's Napa Valley, or Sancerre Blanc by Pascal Jolivet (\$1
- ☐ from France's Loire Valley. Here are two different styles of Sauvignon Blanc, but both cut through the oil in the tartar sauce and the scallops. Lemon wedges balance any overbearing acidity and allow fruit characteristics to come through in the wine that could otherwise go unappreciated."--Franklin Ferguson, wine director and bar manager, Citrine restaurant, Los Angeles, CA.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:8.66, Inflammation Score:-5, Nutrition Score:12.806086957455%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 477.53kcal (23.88%), Fat: 35.38g (54.43%), Saturated Fat: 5.71g (35.72%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 24.34g (8.85%), Sugar: 1.09g (1.21%), Cholesterol: 64.57mg (21.52%), Sodium: 719.45mg (31.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.54%), Vitamin K: 61.92µg (58.97%), Selenium: 22.53µg (32.19%), Phosphorus: 317.4mg (31.74%), Vitamin B12: 1.22µg (20.36%), Vitamin E: 2.85mg (18.98%), Vitamin B1: 0.28mg (18.58%), Folate: 62.7µg (15.68%), Manganese: 0.28mg (13.94%), Vitamin B3: 2.46mg (12.29%), Vitamin B2: 0.21mg (12.16%), Iron: 1.98mg (11.02%), Zinc: 1.17mg (7.83%), Magnesium: 28.29mg (7.07%), Potassium: 220.9mg (6.31%), Vitamin B6: 0.1mg (5.13%), Vitamin B5: 0.51mg (5.08%), Fiber: 1.16g (4.65%), Copper: 0.09mg (4.5%), Calcium: 42.66mg (4.27%), Vitamin D: 0.25µg (1.67%), Vitamin A: 72.3IU (1.45%)