



Hazelnut-crusted Scallops

READY IN



45 min.

SERVINGS



2

CALORIES



821 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bay scallops drained
- 0.3 teaspoon pepper black freshly ground
- 5 tablespoons butter divided
- 2 servings noodles hot cooked
- 0.5 cup wine dry white
- 1 teaspoon thyme sprigs fresh
- 1 pinch nutmeg grated
- 0.3 cup hazelnuts finely chopped
- 0.3 cup heavy whipping cream

- 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- 0.3 teaspoon salt
- 2 servings thyme sprigs fresh

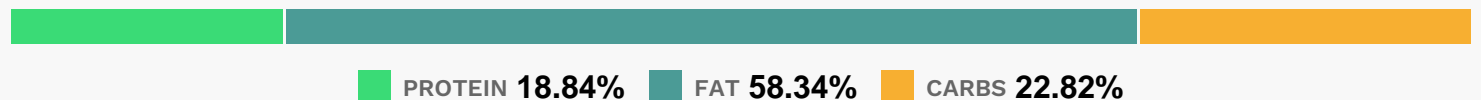
Equipment

- bowl
- frying pan
- oven
- microwave

Directions

- Preheat oven to 37
- Melt 4 tablespoons butter in a cast-iron or ovenproof skillet. Stir in wine and next 5 ingredients.
- Add scallops, turning to coat.
- Remove from heat.
- Melt remaining 1 tablespoon butter in a small bowl in the microwave, and stir in panko and nuts.
- Sprinkle mixture over scallops.
- Bake at 375 for 10 to 12 minutes or until bubbly and golden brown.
- Serve with hot cooked pasta.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:160.25, Glycemic Load:12.61, Inflammation Score:-10, Nutrition Score:25.306521602299%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 821.19kcal (41.06%), Fat: 50.77g (78.1%), Saturated Fat: 26.17g (163.59%), Carbohydrates: 44.67g (14.89%), Net Carbohydrates: 40.9g (14.87%), Sugar: 3.2g (3.56%), Cholesterol: 163.3mg (54.43%), Sodium: 1471.87mg (63.99%), Alcohol: 6.18g (100%), Alcohol %: 1.69% (100%), Protein: 36.88g (73.77%), Phosphorus: 902.71mg (90.27%), Selenium: 55.04µg (78.63%), Manganese: 1.46mg (72.97%), Vitamin B12: 3.33µg (55.52%), Vitamin A: 1418.68IU (28.37%), Magnesium: 106.2mg (26.55%), Vitamin E: 3.4mg (22.64%), Copper: 0.44mg (21.99%), Zinc: 3.2mg (21.33%), Potassium: 715.61mg (20.45%), Iron: 3.61mg (20.04%), Folate: 71.37µg (17.84%), Vitamin B6: 0.35mg (17.53%), Fiber: 3.77g (15.08%), Vitamin B1: 0.22mg (14.37%), Vitamin B3: 2.85mg (14.23%), Vitamin B2: 0.19mg (10.89%), Calcium: 94.13mg (9.41%), Vitamin B5: 0.92mg (9.15%), Vitamin K: 6.68µg (6.36%), Vitamin C: 4.34mg (5.26%), Vitamin D: 0.48µg (3.17%)