



Lemon-Dill Scallops and Snow Peas

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



136 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces bay scallops
- ☐ 0.3 teaspoon dill or dried fresh chopped
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1 teaspoon butter reduced-calorie
- ☐ 6 ounces snow pea pods fresh trimmed
- ☐ 2 servings try build-a-meal
- ☐ 0.1 teaspoon salt

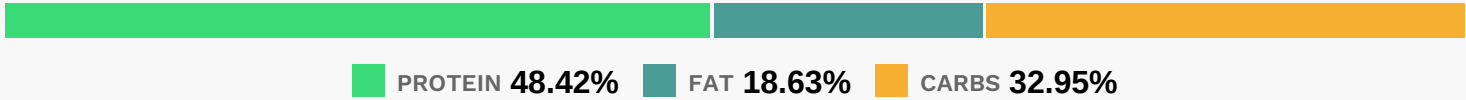
Equipment

☐ frying pan

Directions

- ☐ Lightly coat a nonstick skillet with cooking spray; add margarine, and place over high heat until margarine melts.
- ☐ Add scallops, and cook 2 minutes, stirring often.
- ☐ Add snow peas and remaining ingredients; cook 2 minutes, stirring often.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:14.59478242501%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 136.32kcal (6.82%), Fat: 2.78g (4.28%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 8.6g (3.13%), Sugar: 3.51g (3.9%), Cholesterol: 27.22mg (9.07%), Sodium: 617.15mg (26.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.26g (32.52%), Vitamin C: 52.55mg (63.69%), Phosphorus: 431.7mg (43.17%), Vitamin B12: 1.6µg (26.69%), Selenium: 15.62µg (22.32%), Vitamin A: 1024.95IU (20.5%), Vitamin K: 21.32µg (20.31%), Manganese: 0.3mg (14.98%), Folate: 54.79µg (13.7%), Iron: 2.33mg (12.94%), Magnesium: 48.71mg (12.18%), Potassium: 418.94mg (11.97%), Vitamin B6: 0.23mg (11.35%), Fiber: 2.47g (9.86%), Vitamin B1: 0.14mg (9.35%), Vitamin B5: 0.9mg (9.04%), Zinc: 1.32mg (8.83%), Vitamin B3: 1.37mg (6.85%), Vitamin B2: 0.09mg (5.29%), Copper: 0.1mg (5.08%), Calcium: 47.23mg (4.72%), Vitamin E: 0.43mg (2.86%)