



Lemon-Dill Scallops and Snow Peas



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound bay scallops
- ☐ 0.3 teaspoon dill or dried fresh chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 teaspoons butter reduced-calorie
- ☐ 6 ounces snow pea pods fresh trimmed
- ☐ 0.3 teaspoon salt

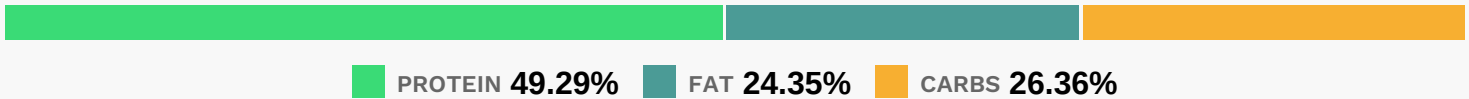
Equipment

- ☐ frying pan

Directions

- ☐ Lightly coat a nonstick skillet with cooking spray; add margarine, and place over high heat until margarine melts.
- ☐ Add scallops; cook 2 minutes, stirring often.
- ☐ Add snow peas and remaining ingredients; cook 2 minutes, stirring often.
- ☐ carbo rating: 8

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:17.129565301149%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 190.45kcal (9.52%), Fat: 5.05g (7.76%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 10.05g (3.65%), Sugar: 3.53g (3.92%), Cholesterol: 40.82mg (13.61%), Sodium: 1008.33mg (43.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.98g (45.97%), Vitamin C: 53.04mg (64.29%), Phosphorus: 615.43mg (61.54%), Vitamin B12: 2.4µg (40.06%), Selenium: 22.37µg (31.96%), Vitamin A: 1116.04IU (22.32%), Vitamin K: 21.26µg (20.25%), Folate: 63.99µg (16%), Potassium: 530.24mg (15.15%), Magnesium: 58.85mg (14.71%), Iron: 2.48mg (13.79%), Vitamin B6: 0.27mg (13.26%), Manganese: 0.24mg (12.14%), Zinc: 1.78mg (11.9%), Vitamin B5: 1.01mg (10.14%), Vitamin B1: 0.14mg (9.45%), Fiber: 2.24g (8.97%), Vitamin B3: 1.72mg (8.58%), Vitamin B2: 0.1mg (5.68%), Copper: 0.11mg (5.4%), Calcium: 50.99mg (5.1%), Vitamin E: 0.49mg (3.29%)