



Lemon-Sauced Scallops

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds bay scallops fresh
- 0.7 cup chicken broth dry white low-sodium
- 3 large egg whites lightly beaten
- 0.8 cup flour all-purpose
- 0.5 cup green onions sliced
- 0.3 teaspoon ground pepper white
- 0.3 cup juice of lemon
- 1 tablespoon butter divided reduced-calorie

0.1 teaspoon salt

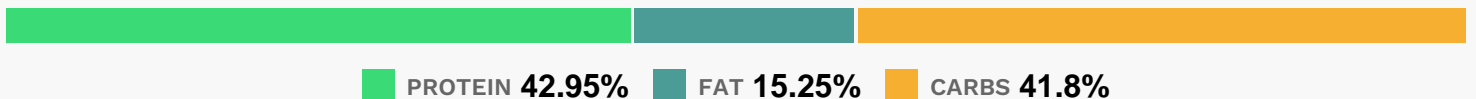
Equipment

frying pan

Directions

- Combine flour and pepper in a shallow dish. Dip scallops in flour mixture; dip in egg white, and dip in flour mixture again.
- Coat a nonstick skillet with cooking spray; add 2 teaspoons margarine.
- Place over medium-high heat until margarine melts.
- Add half of scallops; cook 6 minutes or until scallops are lightly browned, turning to brown all sides.
- Remove scallops from pan; set aside, and keep warm. Repeat with remaining margarine and scallops.
- Add wine and remaining 3 ingredients to pan; cook 3 minutes or until mixture reduces to 1/3 cup.
- To serve, arrange scallops on a serving platter; top with sauce.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:13.13, Inflammation Score:-5, Nutrition Score:15.096956517385%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 254.73kcal (12.74%), Fat: 4.22g (6.49%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 25g (9.09%), Sugar: 0.97g (1.07%), Cholesterol: 40.82mg (13.61%), Sodium: 827.97mg (36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.49%), Phosphorus: 615.82mg (61.58%), Selenium:

34.76µg (49.66%), Vitamin B12: 2.46µg (41.06%), Vitamin K: 25.95µg (24.71%), Folate: 82.19µg (20.55%), Vitamin B2: 0.28mg (16.21%), Vitamin B3: 3.22mg (16.12%), Potassium: 499.73mg (14.28%), Vitamin B1: 0.21mg (13.85%), Magnesium: 49.33mg (12.33%), Zinc: 1.82mg (12.11%), Iron: 2.05mg (11.4%), Manganese: 0.22mg (10.94%), Vitamin C: 8.28mg (10.04%), Vitamin B6: 0.15mg (7.74%), Copper: 0.11mg (5.63%), Vitamin B5: 0.55mg (5.48%), Vitamin A: 255.84IU (5.12%), Fiber: 1.04g (4.15%), Calcium: 28.37mg (2.84%), Vitamin E: 0.21mg (1.43%)