



Nantucket Bay Scallops with Bay-Scented Butter

READY IN



45 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

Ingredients

- 2 bay leaves
- 1.5 pounds bay scallops
- 2 tablespoons butter
- 0.5 teaspoon kosher salt
- 1.5 teaspoons juice of lemon fresh
- 1 teaspoon lemon rind grated
- 0.3 cup panko bread crumbs (Japanese breadcrumbs)

Equipment

- bowl
- frying pan
- sauce pan
- ramekin

Directions

- Place butter and bay leaves in a small saucepan over medium-low heat; cook 5 minutes or until butter melts.
- Remove from heat; let stand 30 minutes. Skim solids off the top; discard solids and bay leaves.
- Lightly coat scallops with cooking spray.
- Heat a large, heavy skillet over high heat.
- Add half of scallops to pan; saut 1 minute or until browned on both sides, turning once.
- Place in a bowl. Repeat procedure with remaining scallops.
- Sprinkle scallops with salt.
- Add juice and half of butter to scallops, tossing to coat.
- Combine panko and remaining butter.
- Heat pan over medium-low heat.
- Add panko mixture to pan; cook 2 minutes or until panko is golden brown, stirring occasionally.
- Remove panko from pan.
- Place 1/3 cup scallops into each of 8 ramekins. Top each serving with 1 1/2 teaspoons panko and 1/8 teaspoon lemon rind.
- Sprinkle with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:0, Nutrition Score:4.651739169722%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 91.59kcal (4.58%), Fat: 3.36g (5.17%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 4.06g (1.48%), Sugar: 0.15g (0.17%), Cholesterol: 27.94mg (9.31%), Sodium: 514.99mg (22.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.09%), Phosphorus: 288.13mg (28.81%), Vitamin B12: 1.21µg (20.19%), Selenium: 11.4µg (16.28%), Zinc: 0.81mg (5.38%), Potassium: 180.39mg (5.15%), Magnesium: 19.71mg (4.93%), Folate: 15.98µg (4%), Vitamin B3: 0.73mg (3.63%), Vitamin B6: 0.07mg (3.29%), Iron: 0.43mg (2.38%), Vitamin B5: 0.2mg (1.99%), Vitamin A: 91.74IU (1.83%), Manganese: 0.03mg (1.71%), Vitamin B1: 0.02mg (1.64%), Vitamin B2: 0.02mg (1.29%), Copper: 0.02mg (1.25%), Calcium: 10.06mg (1.01%)