



Pan Seared Parmesan Scallops

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb scallops
- 0.5 cup parmesan cheese grated
- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 1 serving pepper black
- 1 serving chives fresh chopped

Equipment

- frying pan

paper towels

ziploc bags

Directions

Pat scallops dry with paper towels.

Place cheese in shallow dish or resealable food-storage plastic bag. Coat scallops with cheese. Discard any remaining cheese.

Heat oil and butter in 12-inch nonstick skillet over medium-high heat. Cook half of scallops at a time in oil 3 to 6 minutes, turning once, until golden brown on outside and white and opaque inside.

Sprinkle with pepper and chives.

Nutrition Facts



PROTEIN 44.07% **FAT 43.23%** **CARBS 12.7%**

Properties

Glycemic Index:31.75, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:10.635652040172%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 225.28kcal (11.26%), Fat: 10.57g (16.27%), Saturated Fat: 4.47g (27.96%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 6.98g (2.54%), Sugar: 0.02g (0.02%), Cholesterol: 59.22mg (19.74%), Sodium: 908.05mg (39.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.51%), Phosphorus: 648.4mg (64.84%), Vitamin B12: 2.57µg (42.88%), Selenium: 26.19µg (37.41%), Zinc: 2.09mg (13.96%), Calcium: 121.89mg (12.19%), Potassium: 373.61mg (10.67%), Magnesium: 42.01mg (10.5%), Folate: 28.34µg (7.08%), Vitamin K: 7.28µg (6.94%), Vitamin B6: 0.13mg (6.74%), Vitamin B3: 1.21mg (6.04%), Vitamin A: 211.71IU (4.23%), Vitamin B2: 0.07mg (4.13%), Vitamin B5: 0.41mg (4.11%), Iron: 0.71mg (3.95%), Vitamin E: 0.42mg (2.83%), Copper: 0.04mg (2.24%), Manganese: 0.04mg (2.18%), Vitamin B1: 0.02mg (1.05%)