



## Parmesan-Crusted Broiled Scallops

READY IN



45 min.

SERVINGS



4

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon parsley fresh minced
- 4 servings lemon wedges
- 1 tablespoon butter melted
- 0.3 teaspoon paprika
- 1 tablespoon parmesan cheese grated
- 0.3 teaspoon pepper
- 1.5 pounds sea scallops
- 0.3 cup melba toast rounds crushed onion-flavored finely ( 9)

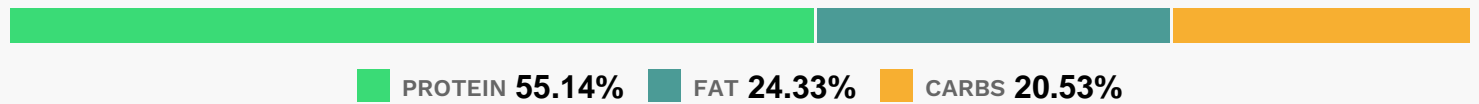
# Equipment

- ziploc bags
- broiler pan

# Directions

- Combine first 5 ingredients in a large zip-top plastic bag; set aside.
- Brush scallops with margarine.
- Add scallops to bag, and seal; shake to coat.
- Place scallops on a broiler pan coated with cooking spray; broil 10 minutes or until done.
- Serve with lemon wedges.

# Nutrition Facts



# Properties

Glycemic Index:26.13, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:10.156086863707%

# Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 160.1kcal (8%), Fat: 4.18g (6.43%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 7.71g (2.8%), Sugar: 0.23g (0.25%), Cholesterol: 41.95mg (13.98%), Sodium: 744.55mg (32.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.32g (42.65%), Phosphorus: 582.05mg (58.2%), Vitamin B12: 2.42µg (40.32%), Selenium: 23.39µg (33.42%), Vitamin K: 16.85µg (16.05%), Zinc: 1.65mg (10.97%), Potassium: 368.81mg (10.54%), Magnesium: 39.96mg (9.99%), Folate: 32.94µg (8.23%), Vitamin B3: 1.37mg (6.86%), Vitamin B6: 0.13mg (6.63%), Vitamin A: 287.82IU (5.76%), Iron: 0.88mg (4.91%), Vitamin B5: 0.39mg (3.94%), Manganese: 0.07mg (3.28%), Calcium: 29.25mg (2.92%), Vitamin B2: 0.05mg (2.75%), Copper: 0.05mg (2.46%), Vitamin C: 1.87mg (2.26%), Vitamin B1: 0.03mg (2%), Vitamin E: 0.17mg (1.14%)