



Pecan Baked Scallops

READY IN



25 min.

SERVINGS



6

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup cracker crumbs
- ☐ 0.5 cup cooking wine dry white
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon parsley chopped
- ☐ 0.5 cup pecans chopped
- ☐ 1.5 pounds sea scallops dry rinsed

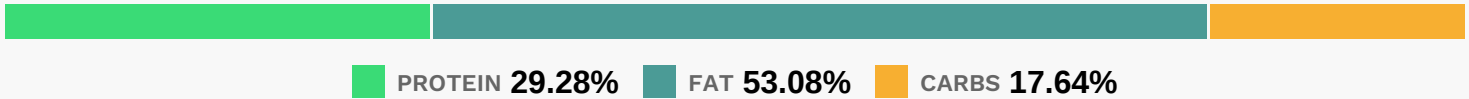
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Arrange scallops in a single layer in a baking dish.
- ☐ Combine wine and lemon juice in a small measuring pitcher.
- ☐ Add salt and pepper to taste, and pour over the scallops.
- ☐ Combine cracker crumbs, pecans, and parsley in a small bowl. Spoon evenly over the scallops.
- ☐ Drizzle the crumb topping with melted butter.
- ☐ Bake in preheated oven until topping is golden and scallops are opaque, 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:9.4904348020968%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 217.06kcal (10.85%), Fat: 12.06g (18.56%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 7.97g (2.9%), Sugar: 1.09g (1.22%), Cholesterol: 37.25mg (12.42%), Sodium: 520.07mg (22.61%), Alcohol: 2.06g (100%), Alcohol %: 1.65% (100%), Protein: 14.97g (29.94%), Phosphorus: 423.23mg (42.32%), Vitamin B12: 1.61µg (26.78%), Manganese: 0.49mg (24.64%), Selenium: 15.17µg (21.67%), Vitamin K: 14.32µg (13.64%), Zinc: 1.51mg (10.09%), Magnesium: 39.79mg (9.95%), Potassium: 301.15mg (8.6%), Copper: 0.15mg (7.26%), Folate: 26.11µg (6.53%), Vitamin B1: 0.09mg (6.21%), Vitamin B3: 1.19mg (5.93%), Vitamin B6: 0.12mg (5.91%), Iron: 0.99mg (5.52%), Fiber: 1.05g (4.2%), Vitamin B5: 0.37mg (3.65%), Vitamin A: 182.12IU (3.64%), Vitamin C: 2.92mg (3.54%), Vitamin B2: 0.05mg (2.84%), Vitamin E: 0.42mg (2.82%), Calcium: 25.45mg (2.54%)