



Pecan Sandies® Encrusted Scallops with Balsamic Honey Agave Glaze

READY IN



25 min.

SERVINGS



6

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup agave syrup blue
- 0.3 cup balsamic vinegar
- 24 bay scallops dry rinsed
- 1 cup japanese breadcrumbs (panko)
- 3 eggs beaten
- 1 cup flour all-purpose
- 1 bunch chives fresh chopped
- 0.3 cup honey

- 12 pecan sandies
- 1 tablespoon butter unsalted
- 3 cups vegetable oil

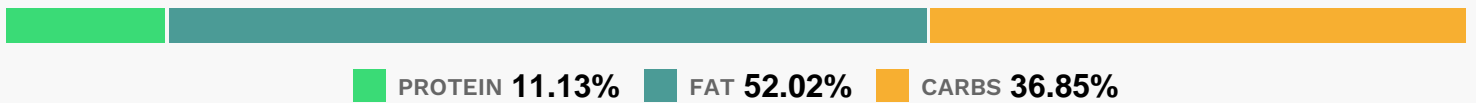
Equipment

- food processor
- sauce pan
- pot

Directions

- Heat the oil in a pot to 350 degrees F.
- In a small saucepan, reduce the balsamic vinegar until 1/3 is left.
- Add the agave syrup and cook for 2 minutes on medium heat. Stir in the honey and finish with the butter.
- Sprinkle with chives and set aside.
- In a food processor, combine the breadcrumbs and Pecan Sandies and pulse to make a breading. Dredge the scallops in the flour, then the eggs and roll in the breading mixture. Drop into the oil and fry until golden brown, about 2 minutes.
- Drizzle the scallops with the glaze and serve.

Nutrition Facts



Properties

Glycemic Index:41.21, Glycemic Load:19.54, Inflammation Score:-5, Nutrition Score:13.120434698851%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate:

0.06mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 497.89kcal (24.89%), Fat: 28.88g (44.42%), Saturated Fat: 5.62g (35.1%), Carbohydrates: 46.03g (15.34%), Net Carbohydrates: 44.69g (16.25%), Sugar: 20.3g (22.56%), Cholesterol: 101.26mg (33.75%), Sodium: 343.71mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.79%), Vitamin K: 44.62µg (42.5%), Selenium: 24.42µg (34.89%), Phosphorus: 294.34mg (29.43%), Vitamin B1: 0.3mg (20.24%), Manganese: 0.4mg (20.23%), Folate: 73.18µg (18.3%), Vitamin B12: 1.08µg (18.01%), Vitamin B2: 0.28mg (16.38%), Vitamin E: 2.22mg (14.8%), Iron: 2.29mg (12.74%), Vitamin B3: 2.45mg (12.25%), Zinc: 1.29mg (8.63%), Magnesium: 30.09mg (7.52%), Vitamin B6: 0.13mg (6.71%), Potassium: 228.88mg (6.54%), Vitamin B5: 0.65mg (6.51%), Copper: 0.13mg (6.44%), Fiber: 1.34g (5.38%), Calcium: 44.29mg (4.43%), Vitamin A: 209.5IU (4.19%), Vitamin D: 0.47µg (3.17%), Vitamin C: 2.05mg (2.48%)