



Sauteed Scallops

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 2 sprigs rosemary fresh
- 2 cloves garlic crushed
- 1 pound scallops

Equipment

- frying pan
- sauce pan

Directions

- In a medium size saucepan melt butter over medium-high heat.
- Add crushed garlic and whole sprigs of rosemary to the saucepan.
- Add scallops, cook for 2 minutes on each side (or until desired consistency).
- Remove the garlic and rosemary from pan.
- Serve.

Nutrition Facts

PROTEIN 30.75% **FAT 60.12%** **CARBS 9.13%**

Properties

Glycemic Index:40, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:12.574347908082%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 364.54kcal (18.23%), Fat: 24.14g (37.15%), Saturated Fat: 14.88g (93%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 8.17g (2.97%), Sugar: 0.05g (0.05%), Cholesterol: 115.44mg (38.48%), Sodium: 1072.03mg (46.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.79g (55.57%), Phosphorus: 768.97mg (76.9%), Vitamin B12: 3.25µg (54.1%), Selenium: 29.74µg (42.49%), Vitamin A: 719.09IU (14.38%), Zinc: 2.13mg (14.17%), Potassium: 484.44mg (13.84%), Magnesium: 51.3mg (12.83%), Vitamin B6: 0.2mg (10.2%), Folate: 37.34µg (9.33%), Vitamin B3: 1.63mg (8.14%), Vitamin B5: 0.54mg (5.38%), Iron: 0.93mg (5.14%), Manganese: 0.09mg (4.48%), Vitamin E: 0.66mg (4.4%), Copper: 0.06mg (3.07%), Vitamin B2: 0.05mg (2.77%), Calcium: 26.16mg (2.62%), Vitamin K: 2.04µg (1.94%), Vitamin B1: 0.02mg (1.56%), Vitamin C: 0.96mg (1.16%)