

Sautéed Scallops on Lasagna Squares with Chili-Cream Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



122 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 teaspoons canola oil
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon curry powder
- ☐ 2.5 tablespoons flour all-purpose divided
- ☐ 16 squares lasagna fresh 4- x 4-inch
- ☐ 0.8 cup milk low-fat
- ☐ 8 servings try build-a-meal

- ☐ 1 pinch salt
- ☐ 0.3 cup scallions thinly sliced
- ☐ 1.5 pounds sea scallops
- ☐ 8 servings soya sauce

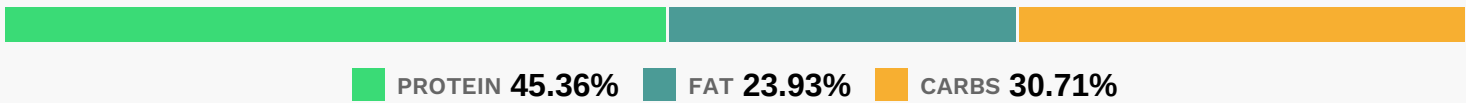
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Cook lasagna squares according to package directions; drain. Cover with plastic wrap, and keep warm.Dredge scallops in 2 tablespoons flour.
- ☐ Heat 1 1/2 teaspoons butter and 1 teaspoon oil in a large skillet over medium-high heat 2 minutes.
- ☐ Add half of the scallops, and cook about 2 minutes on each side or until lightly browned.
- ☐ Remove scallops, and set aside. Repeat procedure with remaining butter, oil, and scallops.
- ☐ Remove scallops, and set aside, reserving drippings in skillet.
- ☐ Whisk remaining 1/2 tablespoon flour, chili powder, and curry powder into drippings in skillet. Cook over medium heat, whisking constantly, 1 minute. Gradually whisk in milk. Continue cooking over medium heat, whisking constantly, until thickened and bubbly. Stir in salt and scallops, and cook 1 minute or until thoroughly heated.
- ☐ Place 2 lasagna squares on individual plates; spoon scallops and sauce evenly over squares.
- ☐ Sprinkle each serving with scallions and a dash of soy sauce.*Fresh pasta may be purchased in sheets at specialty food shops and cut into squares. Dry lasagna noodles may be substituted and cut into squares after cooking.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:2.07, Inflammation Score:-3, Nutrition Score:7.725217461586%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 121.69kcal (6.08%), Fat: 3.2g (4.93%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 8.54g (3.11%), Sugar: 1.57g (1.74%), Cholesterol: 25.28mg (8.43%), Sodium: 1368.44mg (59.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.32%), Phosphorus: 345.64mg (34.56%), Vitamin B12: 1.34µg (22.29%), Selenium: 14.17µg (20.25%), Manganese: 0.22mg (11.04%), Magnesium: 33.97mg (8.49%), Vitamin B3: 1.61mg (8.06%), Potassium: 277.81mg (7.94%), Vitamin K: 7.78µg (7.41%), Zinc: 1.08mg (7.18%), Vitamin B6: 0.13mg (6.39%), Folate: 24.4µg (6.1%), Iron: 1.08mg (5.98%), Vitamin B2: 0.09mg (5.45%), Calcium: 42.01mg (4.2%), Vitamin A: 196.27IU (3.93%), Vitamin B5: 0.37mg (3.71%), Vitamin B1: 0.06mg (3.68%), Copper: 0.07mg (3.32%), Fiber: 0.71g (2.83%), Vitamin E: 0.38mg (2.52%), Vitamin D: 0.24µg (1.62%)