



Sauteed Scallops with Parsley and Garlic

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1.5 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds sea scallops

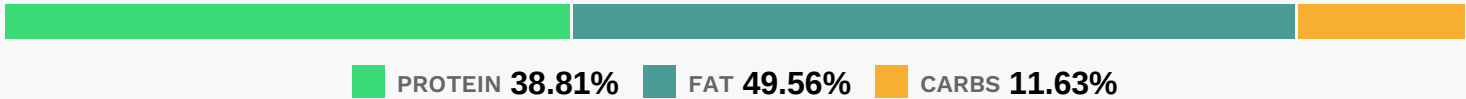
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Sprinkle scallops with salt and pepper.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add 8 scallops; saut 2 1/2 minutes on each side or until browned. Set aside, and keep warm. Repeat procedure with remaining 8 scallops. Wipe pan clean with a paper towel.
- ☐ Add butter to pan; reduce heat, and cook until butter melts. Stir in parsley and garlic, and cook 15 seconds. Return scallops to pan; toss to coat.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:12.585652185523%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 217.87kcal (10.89%), Fat: 11.8g (18.16%), Saturated Fat: 4.55g (28.43%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 6.04g (2.2%), Sugar: 0.05g (0.06%), Cholesterol: 55.87mg (18.62%), Sodium: 859.62mg (37.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.79g (41.59%), Vitamin K: 65.38µg (62.27%), Phosphorus: 574.47mg (57.45%), Vitamin B12: 2.41µg (40.17%), Selenium: 22.07µg (31.52%), Potassium: 378.91mg (10.83%), Zinc: 1.61mg (10.76%), Magnesium: 40.03mg (10.01%), Vitamin A: 496.75IU (9.94%), Folate: 33.19µg (8.3%), Vitamin B6: 0.15mg (7.34%), Vitamin C: 5.46mg (6.61%), Vitamin E: 0.95mg (6.33%), Vitamin B3: 1.26mg (6.3%), Iron: 0.95mg (5.27%), Vitamin B5: 0.4mg (3.99%), Manganese: 0.08mg (3.82%), Copper: 0.05mg (2.55%), Calcium: 20.47mg (2.05%), Vitamin B2: 0.03mg (1.97%), Vitamin B1: 0.02mg (1.24%)