



Scallop and Leek au Gratin

READY IN



45 min.

SERVINGS



6

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds bay scallops
- ☐ 1 cup chablis wine dry white
- ☐ 1.5 cups bottled clam juice
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 cup leeks without tops minced
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup evaporated skimmed milk
- ☐ 2 ounces swiss cheese shredded divided reduced-fat

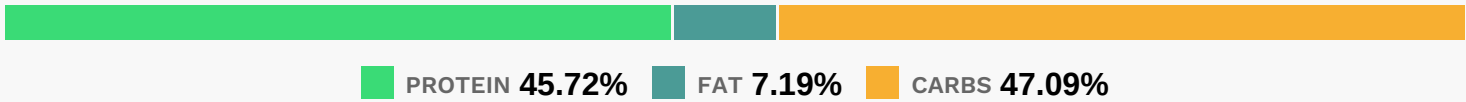
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Bring first 3 ingredients to a boil in a large saucepan over medium heat. Reduce heat, and add scallops; simmer 1 minute or until scallops are opaque and slightly firm. Strain scallop mixture, reserving liquid; set scallops and leeks aside. Return liquid to saucepan. Bring to a boil; cook, uncovered, 20 minutes or until liquid is reduced to 1 1/4 cups.
- ☐ Combine flour and milk in a small heavy saucepan; stir until smooth. Cook over medium heat, stirring constantly, until thickened. Gradually add reduced liquid, stirring constantly. Cook, stirring constantly, until thickened.
- ☐ Add 1/4 cup cheese and next 4 ingredients; stir until cheese melts.
- ☐ Combine scallop mixture and 3/4 cup cheese sauce; stir well. Spoon scallop mixture evenly into 6 individual gratin dishes coated with cooking spray. Spoon remaining 1 cup cheese sauce evenly over scallop mixture.
- ☐ Sprinkle evenly with remaining 1/4 cup cheese.
- ☐ Bake at 375 for 15 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:30.88, Glycemic Load:3.98, Inflammation Score:-5, Nutrition Score:10.698260706404%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin:

0.17mg, Naringenin: 0.17mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin:
0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 192.28kcal (9.61%), Fat: 1.27g (1.96%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 18.78g (6.26%), Net
Carbohydrates: 18.1g (6.58%), Sugar: 4.14g (4.6%), Cholesterol: 31.14mg (10.38%), Sodium: 787.84mg (34.25%),
Alcohol: 4.12g (100%), Alcohol %: 1.97% (100%), Protein: 18.23g (36.47%), Phosphorus: 482.95mg (48.3%), Vitamin
B12: 1.89µg (31.56%), Selenium: 18.35µg (26.22%), Calcium: 143.26mg (14.33%), Potassium: 393.17mg (11.23%), Zinc:
1.65mg (10.98%), Folate: 43.62µg (10.91%), Magnesium: 43.3mg (10.82%), Manganese: 0.2mg (10.03%), Vitamin B6:
0.2mg (9.95%), Vitamin A: 394.94IU (7.9%), Vitamin B2: 0.12mg (7.16%), Vitamin B3: 1.38mg (6.9%), Vitamin K: 7.2µg
(6.86%), Iron: 1.22mg (6.75%), Vitamin C: 5.48mg (6.64%), Vitamin B1: 0.09mg (5.76%), Vitamin B5: 0.43mg (4.31%),
Copper: 0.07mg (3.75%), Fiber: 0.68g (2.71%), Vitamin D: 0.23µg (1.56%), Vitamin E: 0.21mg (1.43%)