



Scallop-and-Vegetable Newburg

READY IN



45 min.

SERVINGS



7

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds bay scallops
- ☐ 0.8 cup breadcrumbs fresh
- ☐ 1 cup carrots diced
- ☐ 3.5 cups rice hot cooked
- ☐ 1 tablespoon cooking sherry dry
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk 2% low-fat
- ☐ 1.5 tablespoons butter melted
- ☐ 0.8 ounce parmesan cheese fresh grated

- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 cup zucchini diced

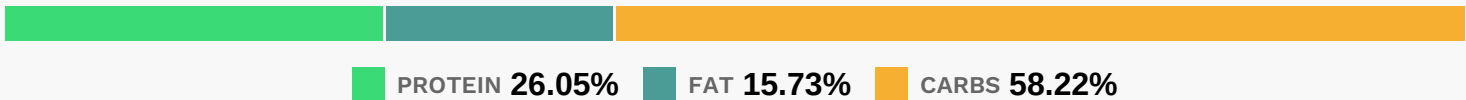
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Steam carrots, covered, 2 minutes.
- ☐ Add zucchini, and steam, covered, 2 minutes or until vegetables are tender. Set vegetables aside.
- ☐ Pat scallops dry with paper towels, and set aside.
- ☐ Place flour in a large saucepan. Gradually add milk, stirring with a whisk until blended.
- ☐ Place over medium heat; cook 5 minutes or until thick, stirring constantly.
- ☐ Add scallops; cover and cook 5 minutes or until scallops are done, stirring occasionally. Stir in carrot, zucchini, sherry, salt, and pepper; cook 2 minutes, uncovered, or until thoroughly heated.
- ☐ Spoon mixture into a 2-quart shallow baking dish coated with cooking spray.
- ☐ Combine breadcrumbs, cheese, and margarine; stir well.
- ☐ Sprinkle over scallop mixture. Broil 2 minutes or until golden.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:45.69, Glycemic Load:27.87, Inflammation Score:-9, Nutrition Score:16.759565135707%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 311.97kcal (15.6%), Fat: 5.31g (8.17%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 44.22g (14.74%), Net Carbohydrates: 42.53g (15.46%), Sugar: 5.47g (6.08%), Cholesterol: 28.76mg (9.59%), Sodium: 750.13mg (32.61%), Alcohol: 0.22g (100%), Alcohol %: 0.09% (100%), Protein: 19.79g (39.58%), Vitamin A: 3356.54IU (67.13%), Phosphorus: 488.93mg (48.89%), Selenium: 25.46µg (36.37%), Vitamin B12: 1.86µg (31.03%), Manganese: 0.6mg (30.2%), Calcium: 166.95mg (16.69%), Vitamin B1: 0.24mg (16.09%), Vitamin B2: 0.23mg (13.77%), Potassium: 474mg (13.54%), Magnesium: 52.33mg (13.08%), Zinc: 1.96mg (13.06%), Vitamin B6: 0.26mg (12.99%), Folate: 50.54µg (12.64%), Vitamin B3: 2.47mg (12.33%), Vitamin B5: 0.95mg (9.54%), Iron: 1.52mg (8.44%), Fiber: 1.7g (6.78%), Copper: 0.13mg (6.74%), Vitamin C: 4.26mg (5.16%), Vitamin D: 0.76µg (5.05%), Vitamin K: 4.14µg (3.95%), Vitamin E: 0.3mg (2%)