



Scallop Appetizers

 **Gluten Free**  **Dairy Free**

READY IN

ready

10 min.

SERVINGS

servings

8

CALORIES

calories

170 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 1 cup dressing french
- ☐ 0.5 clove garlic crushed
- ☐ 1 pound scallops dry rinsed

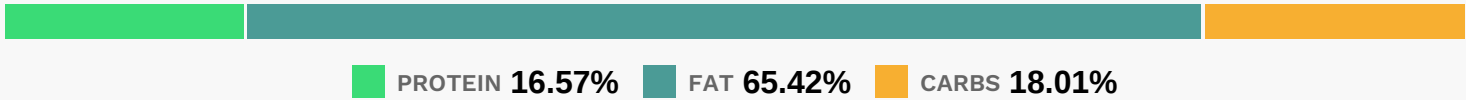
Equipment

- ☐ sauce pan
- ☐ toothpicks

Directions

- ☐ Cut scallops into quarters, unless they are tiny bay scallops which may be left whole. Bring a saucepan of lightly salted water to a boil.
- ☐ Add scallops, and simmer for 4 to 5 minutes.
- ☐ Drain, and place them into a jar while hot.
- ☐ Pour in the French dressing, and add the garlic. Screw the lid onto the jar, and shake to coat. Refrigerate until chilled to marinate.
- ☐ Drain and serve with toothpicks.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:5.4252173204137%

Nutrients (% of daily need)

Calories: 170.34kcal (8.52%), Fat: 12.5g (19.23%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 6.99g (2.54%), Sugar: 5.44g (6.04%), Cholesterol: 13.61mg (4.54%), Sodium: 428.85mg (18.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.24%), Vitamin K: 37.82µg (36.01%), Phosphorus: 197.47mg (19.75%), Vitamin B12: 0.84µg (14.05%), Vitamin E: 1.56mg (10.42%), Selenium: 7.28µg (10.41%), Potassium: 150.73mg (4.31%), Zinc: 0.56mg (3.7%), Magnesium: 14.71mg (3.68%), Fiber: 0.75g (3.02%), Vitamin A: 146.72IU (2.93%), Vitamin B6: 0.06mg (2.86%), Vitamin B3: 0.47mg (2.37%), Folate: 9.08µg (2.27%), Iron: 0.32mg (1.77%), Vitamin B2: 0.03mg (1.67%), Vitamin B5: 0.12mg (1.23%), Calcium: 12.18mg (1.22%), Vitamin B1: 0.02mg (1.08%)