



Scallop Gratins with Garlic-Lemon Butter

READY IN



45 min.

SERVINGS



4

CALORIES



488 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups breadcrumbs made from bread fresh french
- ☐ 5 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 1.5 tablespoons olive oil
- ☐ 1.5 pounds sea scallops trimmed
- ☐ 1 tablespoon shallots chopped
- ☐ 3 tablespoons butter unsalted room temperature

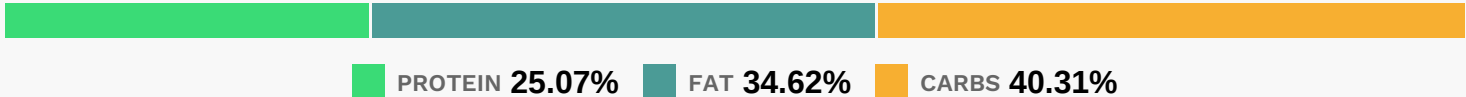
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ ramekin

Directions

- ☐ Mix 4 tablespoons chopped parsley, butter, chopped shallot, minced garlic, and grated lemon peel in medium bowl to blend. Season to taste with salt and pepper. (Seasoned butter can be made 1 day ahead. Cover and refrigerate. Bring to room temperature before using.)
- ☐ Preheat oven to 400°F.
- ☐ Heat oil in heavy large skillet over medium heat.
- ☐ Add breadcrumbs; sauté until crisp and golden, about 6 minutes.
- ☐ Transfer to plate.
- ☐ Rub some of seasoned butter on bottom and sides of four 1 1/4-cup ramekins or custard cups. Divide scallops among prepared dishes.
- ☐ Spread 1 teaspoon remaining seasoned butter atop scallops in each dish. Top with breadcrumbs, dividing equally. Dot breadcrumbs with remaining seasoned butter.
- ☐ Place scallop gratins on large baking sheet.
- ☐ Bake until scallops are cooked through, about 25 minutes.
- ☐ Sprinkle with remaining 1 tablespoon chopped fresh parsley and serve.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:22.93, Inflammation Score:-7, Nutrition Score:25.690869735635%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 488.34kcal (24.42%), Fat: 18.67g (28.72%), Saturated Fat: 6.96g (43.52%), Carbohydrates: 48.91g (16.3%), Net Carbohydrates: 45.01g (16.37%), Sugar: 5.38g (5.97%), Cholesterol: 63.4mg (21.13%), Sodium: 1091.09mg (47.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.41g (60.83%), Vitamin K: 90.29µg (85.99%), Phosphorus: 691.88mg (69.19%), Selenium: 47.68µg (68.12%), Manganese: 1.13mg (56.36%), Vitamin B12: 2.42µg (40.27%), Vitamin B3: 6.24mg (31.22%), Folate: 111.54µg (27.88%), Vitamin B1: 0.39mg (25.75%), Iron: 4.24mg (23.57%), Magnesium: 77.52mg (19.38%), Zinc: 2.56mg (17.09%), Fiber: 3.9g (15.62%), Vitamin B2: 0.26mg (15.31%), Potassium: 519.63mg (14.85%), Vitamin A: 691.08IU (13.82%), Calcium: 135.22mg (13.52%), Vitamin B6: 0.26mg (12.8%), Vitamin B5: 1.14mg (11.43%), Vitamin C: 8.46mg (10.26%), Copper: 0.19mg (9.35%), Vitamin E: 1.21mg (8.06%), Vitamin D: 0.16µg (1.05%)