



Scallop-Spinach Spread

 Gluten Free

READY IN



30 min.

SERVINGS



7

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 8 ounce cream cheese softened
- ☐ 12 ounces scallops
- ☐ 1.5 teaspoons seafood seasoning divided
- ☐ 0.5 cup cream sour
- ☐ 10 ounce spinach frozen dry thawed chopped
- ☐ 0.5 cup cheddar cheese shredded white

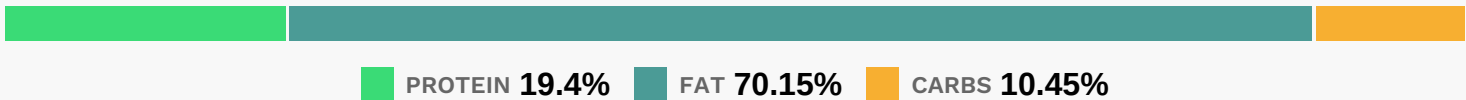
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ slotted spoon

Directions

- ☐ Sprinkle scallops with 3/4 teaspoon seafood seasoning. Melt butter in a large nonstick skillet over medium-high heat; saut scallops 3 minutes or until opaque.
- ☐ Remove scallops with a slotted spoon. Finely chop when cool enough to handle.
- ☐ Beat cream cheese and sour cream at medium speed with an electric mixer until creamy.
- ☐ Add cheese, remaining 3/4 teaspoon seafood seasoning, and spinach. Beat at low speed just until blended. Stir in scallops.
- ☐ Spoon mixture into a lightly greased 4-cup baking dish.
- ☐ Sprinkle with seafood seasoning, if desired.
- ☐ Bake at 375 for 20 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:14.86, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:17.551304374052%

Nutrients (% of daily need)

Calories: 235.69kcal (11.78%), Fat: 18.74g (28.83%), Saturated Fat: 10.58g (66.13%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 5.06g (1.84%), Sugar: 2.08g (2.31%), Cholesterol: 65.22mg (21.74%), Sodium: 389.39mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.66g (23.32%), Vitamin K: 155.33µg (147.93%), Vitamin A: 5415.74IU (108.31%), Phosphorus: 267.36mg (26.74%), Selenium: 14.37µg (20.53%), Folate: 72.73µg (18.18%), Calcium: 164.86mg (16.49%), Manganese: 0.33mg (16.45%), Vitamin B12: 0.88µg (14.65%), Vitamin B2: 0.24mg (13.94%), Magnesium: 48.79mg (12.2%), Vitamin E: 1.61mg (10.77%), Potassium: 312.55mg (8.93%), Zinc: 1.2mg (7.97%), Vitamin B6: 0.14mg (7.06%), Iron: 1.16mg (6.45%), Fiber: 1.22g (4.89%), Copper: 0.08mg (4.23%), Vitamin B5: 0.42mg (4.17%), Vitamin B1: 0.06mg (3.72%), Vitamin B3: 0.61mg (3.05%), Vitamin C: 2.43mg (2.94%)