



 5%
HEALTH SCORE

Scallops Au Gratin

READY IN



45 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

Ingredients

- 2 tablespoons cornstarch
- 0.3 cup breadcrumbs dry fine
- 0.5 teaspoon ground mustard dry
- 0.5 pound mushrooms fresh sliced
- 0.5 pound mushrooms fresh sliced
- 1.8 cups milk
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt
- 1 pound scallops fresh

- 1 tablespoon cooking sherry
- 0.3 cup vegetable oil divided
- 0.3 teaspoon pepper white
- 0.5 teaspoon worcestershire sauce

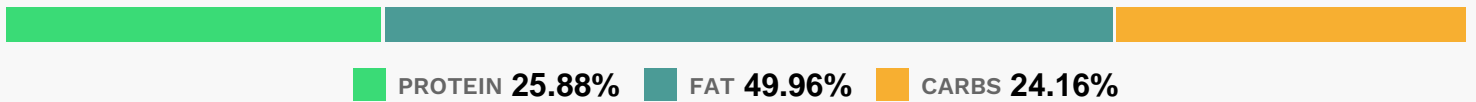
Equipment

- frying pan
- oven

Directions

- Rinse scallops in cold water; drain well. Set aside.
- Saut mushrooms in 1/4 cup oil in a skillet until tender.
- Remove mushrooms; set aside. Reserve drippings in skillet.
- Combine milk and cornstarch, stirring well to remove lumps. Stir milk mixture and remaining oil into drippings in skillet.
- Add mustard, Worcestershire sauce, salt, and pepper. Cook over medium heat, stirring constantly, until thickened and bubbly. Stir in scallops, sauted mushrooms, and sherry.
- Pour mixture into a greased 1 1/2-quart casserole.
- Sprinkle with breadcrumbs and cheese.
- Bake at 375 for 25 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.82, Inflammation Score:-3, Nutrition Score:12.943913086601%

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

Nutrients (% of daily need)

Calories: 240.8kcal (12.04%), Fat: 13.46g (20.7%), Saturated Fat: 3.55g (22.17%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 13.62g (4.95%), Sugar: 5.29g (5.87%), Cholesterol: 30.31mg (10.1%), Sodium: 633.71mg (27.55%), Alcohol: 0.26g (100%), Protein: 15.68g (31.36%), Phosphorus: 425.86mg (42.59%), Selenium: 21.08µg (30.12%), Vitamin B2: 0.45mg (26.33%), Vitamin B12: 1.55µg (25.87%), Vitamin B3: 3.65mg (18.26%), Vitamin K: 17.31µg (16.49%), Vitamin B5: 1.6mg (16.01%), Potassium: 525.8mg (15.02%), Calcium: 141mg (14.1%), Copper: 0.28mg (13.8%), Zinc: 1.64mg (10.9%), Vitamin B1: 0.15mg (10.19%), Vitamin B6: 0.19mg (9.4%), Magnesium: 36.46mg (9.12%), Folate: 30.36µg (7.59%), Vitamin D: 0.95µg (6.37%), Vitamin E: 0.82mg (5.47%), Iron: 0.98mg (5.43%), Manganese: 0.11mg (5.43%), Fiber: 1.02g (4.1%), Vitamin A: 154.05IU (3.08%), Vitamin C: 1.68mg (2.04%)