



Scallops Charleston

READY IN



15 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup basil leaves fresh finely chopped
- ☐ 8 ounces mushrooms fresh quartered
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup gruyere cheese grated
- ☐ 0.3 teaspoon paprika
- ☐ 4 servings salt and pepper
- ☐ 0.5 pounds sea scallops fresh

- ☐ 1 shallots finely chopped
- ☐ 0.8 cup cooking sherry dry white

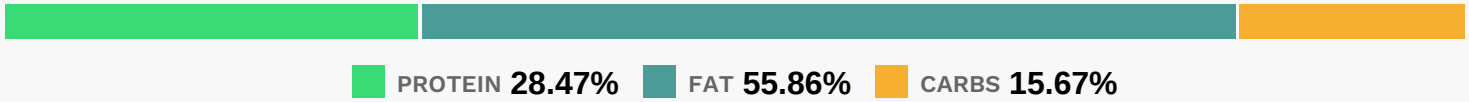
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Season scallops with salt, pepper, garlic powder, paprika, and basil. Dust scallops with flour.
- ☐ Saute in a pan that has been lightly coated with nonstick cooking spray and a small amount of olive oil. Cook scallops on both sides until browned.
- ☐ Remove scallops from pan.
- ☐ To the drippings in the pan, add sherry, shallots, and mushrooms; cook for approximately 3 to 4 minutes.
- ☐ In a separate saucepan, melt butter over medium heat and add 3 tablespoons flour.
- ☐ Mix well and cook for 2 minutes over low heat, stirring constantly.
- ☐ Pour shallots, mushrooms, and liquid from scallops into flour mixture.
- ☐ Mix well. Stir scallops into sauce. (If too thick, you can thin with clam juice or fish or chicken stock.)
- ☐ Transfer to 4 individual baking dishes, top with cheese, and broil for 1 minute, until browned.
- ☐ Serve with wild rice.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:3.97, Inflammation Score:-6, Nutrition Score:13.035652212475%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg,

Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 301.89kcal (15.09%), Fat: 16.9g (25.99%), Saturated Fat: 9.95g (62.19%), Carbohydrates: 10.67g (3.56%), Net Carbohydrates: 9.65g (3.51%), Sugar: 2.21g (2.46%), Cholesterol: 64.96mg (21.65%), Sodium: 703mg (30.57%), Alcohol: 4.64g (100%), Alcohol %: 2.76% (100%), Protein: 19.38g (38.76%), Phosphorus: 460.18mg (46.02%), Calcium: 350.65mg (35.06%), Selenium: 19.51µg (27.88%), Vitamin B12: 1.36µg (22.7%), Vitamin B2: 0.37mg (21.76%), Zinc: 2.25mg (15.01%), Vitamin B3: 2.91mg (14.53%), Vitamin A: 630.41IU (12.61%), Vitamin B5: 1.24mg (12.36%), Copper: 0.23mg (11.41%), Potassium: 395.58mg (11.3%), Magnesium: 38.12mg (9.53%), Vitamin B6: 0.19mg (9.25%), Folate: 36.35µg (9.09%), Manganese: 0.17mg (8.73%), Vitamin B1: 0.12mg (8.18%), Vitamin K: 7.95µg (7.58%), Iron: 1.11mg (6.17%), Fiber: 1.02g (4.08%), Vitamin C: 1.97mg (2.38%), Vitamin E: 0.32mg (2.11%), Vitamin D: 0.31µg (2.08%)