

DINNER

Scallops Gremolata

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$3.02	196 kcal

Need a dairy free and pescatarian main course? Scallops Gremolata could be a super recipe to try. This recipe serves 4. For \$3.02 per serving, this recipe covers 14% of your daily requirements of vitamins and minerals. One serving contains 196 calories, 22g of protein, and 7g of fat.

Ingredients

☐ 0.1 teaspoon black pepper	☐ ¾ teaspoon bottled minced garlic
☐ ¼ cup chopped fresh flat-leaf parsley	☐ 3 tablespoons Italian-seasoned breadcrumbs
☐ 1 tablespoon grated lemon rind	☐ 1½ tablespoons olive oil
☐ ¼ teaspoon salt	☐ 1½ pounds sea scallops

EQUIPMENT Frying pan, Ziploc bags

Method

- 1 Heat oil in large nonstick skillet coated with cooking spray over medium-high heat.
- 2 Place breadcrumbs in large zip-top plastic bag; add scallops. Seal bag; shake to coat.
- 3 Add scallops to pan; cook 4 minutes. Turn scallops; cook 3 minutes or until done.
- 4 Remove from heat.
- 5 Add parsley and remaining ingredients; stir gently to coat.

Nutrition per serving

196

KCAL

22 g

PROTEIN

7 g

FAT

11 g

CARBS

Saturated Fat

1.1 g · 7% of daily needs

Fibre

0.7 g · 3% of daily needs

Sugar

0.5 g · 1% of daily needs

Sodium

915 mg · 40% of daily needs

Cholesterol

40.9 mg · 14% of daily needs

Vitamin C

7.4 mg · 9% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/scallops-gremolata-148594