



Scallops in Parchment

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 15 ounce beans white rinsed canned
- 1 fennel bulb cored halved thinly sliced
- 0.5 cup flat-leaf parsley leaves fresh chopped
- 1 pint grape tomatoes
- 0.5 teaspoon kosher salt
- 2 teaspoons olive oil extra-virgin
- 1.5 pounds sea scallops dry rinsed

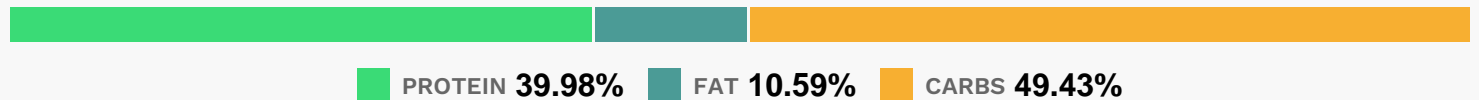
Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife

Directions

- Heat oven to 400 F. Gently toss the tomatoes, beans, fennel, parsley, oil, salt, and pepper in a large bowl. Tear off four 15-inch squares of parchment paper and arrange on 2 baking sheets. Spoon some of the bean mixture into the center of each square.
- Place the scallops on top of the beans. Top with 4 more squares of parchment and fold the edges over several times to seal.
- Bake for 15 minutes.
- Transfer each packet to a plate.
- Serve with a knife to slit the package open, and be careful of the steam that will escape.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:7.81, Inflammation Score:-9, Nutrition Score:28.53347826004%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 298.68kcal (14.93%), Fat: 3.56g (5.47%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 37.37g (12.46%), Net Carbohydrates: 28.76g (10.46%), Sugar: 5.78g (6.43%), Cholesterol: 40.82mg (13.61%), Sodium: 1003.38mg (43.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.23g (60.47%), Vitamin K: 173.57µg (165.31%), Phosphorus: 727.06mg (72.71%), Manganese: 0.85mg (42.58%), Vitamin C: 33.2mg (40.24%), Vitamin B12: 2.4µg (39.97%), Potassium: 1397.19mg (39.92%), Folate: 141.28µg (35.32%), Fiber: 8.62g (34.46%), Selenium: 23.9µg (34.14%), Vitamin A: 1701.37IU (34.03%), Magnesium: 118.57mg (29.64%), Iron: 5.06mg (28.12%), Zinc: 3.14mg (20.93%), Copper: 0.41mg (20.36%), Vitamin B6: 0.33mg (16.66%), Vitamin E: 2.16mg (14.42%), Calcium: 139.41mg (13.94%), Vitamin B3: 2.49mg (12.46%), Vitamin B1: 0.17mg (11.34%), Vitamin B5: 0.84mg (8.35%), Vitamin B2: 0.11mg (6.68%)