



Scallops in Puff Pastry

READY IN



45 min.

SERVINGS



4

CALORIES



924 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 4 servings garnish: asparagus spears
- ☐ 1.5 pounds bay scallops
- ☐ 2 tablespoons butter
- ☐ 4 servings citrus butter
- ☐ 2 tablespoons cooking sherry dry
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 teaspoon pepper
- ☐ 17.3 ounce puff pastry sheets frozen thawed

☐ 0.5 teaspoon salt

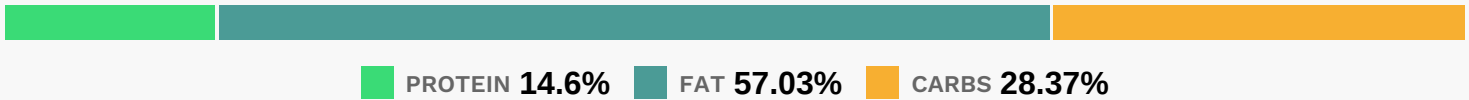
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut asparagus diagonally into 1/2-inch pieces.
- ☐ Melt butter in a skillet; add asparagus, and saute 2 minutes.
- ☐ Add sherry, and cook 1 minute. Spoon evenly into 5 1/2-inch scallop baking shells; top evenly with scallops, and sprinkle with salt and pepper.
- ☐ Roll puff pastry to 1/8-inch thickness on a lightly floured surface.
- ☐ Cut into 4 (6 1/2-inch) rounds; place rounds over scallop shells, pressing edges to seal.
- ☐ Brush with egg.
- ☐ Cut leaves from remaining pastry; brush with egg, and place on shells.
- ☐ Cut slits in tops, and place shells on a baking sheet.
- ☐ Bake at 450 for 12 to 15 minutes or until golden.
- ☐ Serve immediately with Citrus Butter.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:30.55, Inflammation Score:-9, Nutrition Score:29.594348093738%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 6.52mg, Isorhamnetin: 6.52mg, Isorhamnetin: 6.52mg, Isorhamnetin: 6.52mg Kaempferol: 1.59mg,

Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Quercetin: 16mg, Quercetin: 16mg, Quercetin: 16mg, Quercetin: 16mg

Nutrients (% of daily need)

Calories: 924.4kcal (46.22%), Fat: 58.43g (89.9%), Saturated Fat: 16.18g (101.15%), Carbohydrates: 65.42g (21.81%), Net Carbohydrates: 61.15g (22.24%), Sugar: 3.18g (3.53%), Cholesterol: 98.07mg (32.69%), Sodium: 1380.48mg (60.02%), Alcohol: 0.77g (100%), Alcohol %: 0.22% (100%), Protein: 33.65g (67.31%), Selenium: 57.89µg (82.7%), Phosphorus: 730.07mg (73.01%), Vitamin K: 67.9µg (64.66%), Folate: 188.25µg (47.06%), Vitamin B1: 0.67mg (44.57%), Vitamin B12: 2.53µg (42.09%), Manganese: 0.84mg (41.76%), Vitamin B3: 7.43mg (37.16%), Iron: 6.48mg (35.99%), Vitamin B2: 0.6mg (35.03%), Vitamin A: 1314.7IU (26.29%), Copper: 0.41mg (20.29%), Zinc: 2.99mg (19.94%), Potassium: 682.8mg (19.51%), Magnesium: 75.78mg (18.94%), Fiber: 4.27g (17.07%), Vitamin E: 2.42mg (16.12%), Vitamin B6: 0.28mg (14%), Vitamin B5: 0.89mg (8.87%), Vitamin C: 6.42mg (7.78%), Calcium: 61.6mg (6.16%), Vitamin D: 0.25µg (1.67%)