



Scallops in Shiitakes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons commercial pesto
- ☐ 12 medium sea scallops cut in half 1 pound
- ☐ 24 medium shiitake mushroom caps

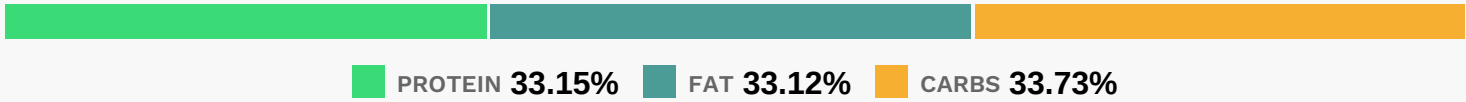
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Arrange the shiitake mushroom caps in a shallow baking dish.
- ☐ Sprinkle the pepper into the mushroom caps.
- ☐ Place 1 scallop half into each mushroom cap. Spoon 1/4 teaspoon pesto onto each scallop half.
- ☐ Bake the mushrooms at 450 for 10 minutes or until the scallops are done.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.58, Inflammation Score:-1, Nutrition Score:3.788260821739%

Nutrients (% of daily need)

Calories: 44.47kcal (2.22%), Fat: 1.71g (2.62%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.12g (1.24%), Cholesterol: 5.7mg (1.9%), Sodium: 127.06mg (5.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Phosphorus: 122.29mg (12.23%), Vitamin B3: 1.79mg (8.94%), Selenium: 5.28µg (7.54%), Vitamin B6: 0.14mg (6.98%), Vitamin B5: 0.68mg (6.79%), Vitamin B2: 0.09mg (5.57%), Manganese: 0.11mg (5.42%), Vitamin B12: 0.32µg (5.29%), Potassium: 174.64mg (4.99%), Fiber: 1.13g (4.5%), Zinc: 0.64mg (4.25%), Magnesium: 13.46mg (3.36%), Copper: 0.07mg (3.28%), Folate: 9.07µg (2.27%), Iron: 0.29mg (1.59%), Vitamin A: 76.62IU (1.53%), Vitamin D: 0.17µg (1.12%)