



## Scallops over Parmesan Creamed Spinach

 Gluten Free

READY IN



37 min.

SERVINGS



4

CALORIES



183 kcal

SIDE DISH

### Ingredients

- 0.3 cup process cream cheese light
- 1 cup mushrooms fresh sliced
- 10 ounce pkt spinach frozen thawed chopped
- 1.5 tablespoons parmesan cheese grated
- 0.3 teaspoon pepper
- 2 tablespoons pesto–parmesan salad dressing reduced-fat (such as Maple Grove Farms Lite Pesto–Parmesan dressing)
- 1 pound sea scallops
- 3 tablespoons skim milk

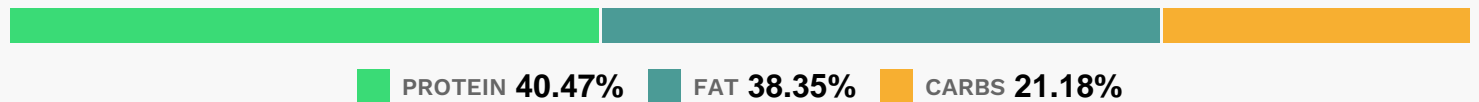
## Equipment

- bowl
- frying pan
- paper towels
- oven
- hand mixer

## Directions

- Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add mushrooms, and saute until tender.
- Remove from heat, and set aside.
- Drain spinach, and press between paper towels to remove excess moisture. Set aside.
- Combine cream cheese and next 3 ingredients in a bowl; beat at medium speed of an electric mixer until creamy. Stir in mushrooms and spinach. Spoon spinach mixture into 4 individual gratin dishes coated with cooking spray; set aside.
- Coat skillet with cooking spray; place over medium-high heat until hot.
- Add scallops, and cook 3 minutes, turning scallops to lightly brown on all sides.
- Place scallops evenly over spinach mixture in gratin dishes; sprinkle with Parmesan cheese.
- Bake at 375 for 15 minutes or until thoroughly heated and lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:31.06, Glycemic Load:0.58, Inflammation Score:-10, Nutrition Score:23.616956586423%

## Nutrients (% of daily need)

Calories: 182.57kcal (9.13%), Fat: 7.94g (12.21%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 7.54g (2.74%), Sugar: 2.8g (3.11%), Cholesterol: 43.51mg (14.5%), Sodium: 649.68mg (28.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.85g (37.69%), Vitamin K: 268.11µg (255.34%), Vitamin A:

8546.98IU (170.94%), Phosphorus: 474.47mg (47.45%), Selenium: 23.25µg (33.21%), Folate: 126.63µg (31.66%), Vitamin B12: 1.73µg (28.84%), Manganese: 0.55mg (27.56%), Magnesium: 84.11mg (21.03%), Vitamin B2: 0.33mg (19.19%), Potassium: 602.52mg (17.21%), Vitamin E: 2.34mg (15.63%), Calcium: 145.6mg (14.56%), Vitamin B6: 0.25mg (12.52%), Zinc: 1.76mg (11.75%), Iron: 1.94mg (10.8%), Copper: 0.21mg (10.55%), Vitamin B3: 2.06mg (10.31%), Fiber: 2.33g (9.31%), Vitamin B5: 0.8mg (7.99%), Vitamin B1: 0.11mg (7.04%), Vitamin C: 4.43mg (5.37%), Vitamin D: 0.18µg (1.21%)