



## Shrimp and Scallops Mornay

READY IN



45 min.

SERVINGS



10

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup butter divided
- 1 teaspoon dijon mustard
- 3 tablespoons cooking sherry dry
- 0.3 cup flour all-purpose
- 16 ounce mushrooms fresh sliced
- 1 pinch ground nutmeg
- 0.3 teaspoon ground pepper white
- 2.5 cups half-and-half
- 1 tablespoon juice of lemon

- 0.7 cup parmesan cheese grated
- 0.5 teaspoon salt
- 1.5 pounds sea scallops
- 0.3 cup shallots minced
- 1.5 pounds shrimp fresh unpeeled
- 0.7 cup swiss cheese shredded

## Equipment

- bowl
- sauce pan
- oven
- whisk
- sieve
- dutch oven

## Directions

- Melt 6 tablespoons butter in a Dutch oven over low heat; add shallots, and saut 1 minute. Increase heat to high.
- Add mushrooms and lemon juice, and cook, stirring constantly, until mushrooms are just tender.
- Transfer to a bowl.
- Peel shrimp; devein, if desired.
- Melt 4 tablespoons butter in Dutch oven over medium heat; add shrimp, and saute 3 to 5 minutes or just until shrimp turn pink.
- Add to mushroom mixture.
- Bring scallops and half-and-half to a boil in a saucepan over medium-high heat. Reduce heat, and simmer, stirring often, 3 to 5 minutes or until scallops are opaque.
- Pour through a wire-mesh strainer into a small bowl; add scallops to mushroom mixture. Reserve half-and-half.
- Drain any liquid from mushroom mixture.

- Add liquid to reserved half-and-half.
- Melt remaining 6 tablespoons butter in Dutch oven over low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually add half-and-half mixture; cook over medium heat, whisking constantly, until mixture is thickened and bubbly.
- Add Parmesan cheese and next 5 ingredients; cook, whisking constantly, 3 minutes or until cheese melts and sauce is smooth.
- Remove from heat; stir in mushroom mixture.
- Spoon into 10 lightly greased shell-shaped baking dishes or individual serving bowls, and sprinkle evenly with shredded Swiss cheese.
- Place on 2 (15- x 10-inch) jellyroll pans.
- Broil 5 1/2 inches from heat (with electric oven door partially open) 8 minutes or until Swiss cheese is golden and mixture is bubbly.
- Serve immediately.
- Mixture may be prepared a day ahead and chilled. Broil just before serving.

## Nutrition Facts



### Properties

Glycemic Index:28.1, Glycemic Load:2.94, Inflammation Score:-7, Nutrition Score:14.203043380509%

### Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 438.01kcal (21.9%), Fat: 30.27g (46.57%), Saturated Fat: 10.6g (66.26%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 11.07g (4.02%), Sugar: 3.99g (4.44%), Cholesterol: 159.54mg (53.18%), Sodium: 853.72mg (37.12%), Alcohol: 0.46g (100%), Alcohol %: 0.2% (100%), Protein: 29.92g (59.83%), Phosphorus: 567.97mg (56.8%), Selenium: 21.03µg (30.04%), Calcium: 247.56mg (24.76%), Vitamin B12: 1.42µg (23.71%), Vitamin A: 1146.4IU (22.93%), Vitamin B2: 0.39mg (22.72%), Copper: 0.45mg (22.55%), Zinc: 2.67mg (17.81%), Potassium: 600.23mg (17.15%), Magnesium: 57.47mg (14.37%), Vitamin B3: 2.46mg (12.32%), Vitamin B5: 1.11mg (11.13%), Vitamin B6: 0.17mg

(8.27%), Folate: 31.78µg (7.95%), Vitamin B1: 0.1mg (6.84%), Iron: 1.21mg (6.7%), Vitamin E: 0.95mg (6.3%), Manganese: 0.12mg (6.03%), Fiber: 0.82g (3.26%), Vitamin C: 2.61mg (3.17%), Vitamin K: 1.09µg (1.03%)