



Shrimp & Scallop Stroganoff

READY IN



40 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter divided
- ☐ 8 ounce bottled clam juice
- ☐ 2 tablespoons cooking sherry dry
- ☐ 2 tablespoons flour all-purpose
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 pound sea scallops rinsed drained
- ☐ 1 pound shrimp deveined peeled

☐ 1 cup cup heavy whipping cream sour

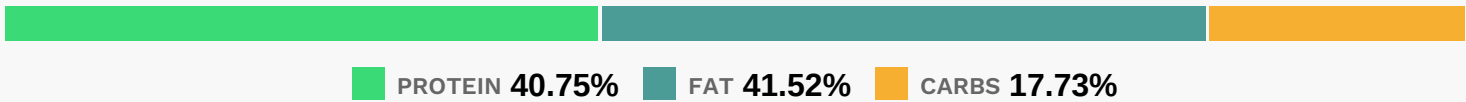
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat 1 tablespoon butter in a large skillet over medium-high heat. Stir in the mushrooms, and cook until golden. With a slotted spoon, remove mushrooms, and set aside.
- ☐ Melt remaining 1 tablespoon butter in the skillet, and stir in shrimp and scallops; cook, turning, until the shrimp are pink, about 3 minutes. With a slotted spoon, remove shrimp and scallops, and set aside.
- ☐ In a medium bowl, mix together the flour, black pepper, and clam juice.
- ☐ Pour clam juice mixture into the skillet, and bring to a boil. Reduce heat to medium-low, and simmer until mixture thickens. Reduce heat to low, and stir in sour cream. Return mushrooms, shrimp, and scallops to the skillet; mix in sherry, and cook to heat through.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:1.7, Inflammation Score:-4, Nutrition Score:11.479130433953%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 266.1kcal (13.3%), Fat: 12.22g (18.79%), Saturated Fat: 6.47g (40.43%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 11.08g (4.03%), Sugar: 3.37g (3.75%), Cholesterol: 172.51mg (57.5%), Sodium: 567.63mg (24.68%), Alcohol: 0.51g (100%), Alcohol %: 0.23% (100%), Protein: 26.98g (53.96%), Phosphorus: 485.45mg (48.54%), Copper: 0.46mg (22.9%), Selenium: 15.67µg (22.39%), Vitamin B12: 1.18µg (19.68%), Potassium: 569.57mg (16.27%), Vitamin B2: 0.25mg (14.58%), Zinc: 2.09mg (13.94%), Magnesium: 53.98mg (13.49%), Vitamin K: 12.14µg (11.56%), Vitamin B3: 2.18mg (10.92%), Calcium: 99.4mg (9.94%), Vitamin A: 471.1IU (9.42%), Vitamin B5: 0.91mg (9.12%), Folate: 29.65µg (7.41%), Vitamin B6: 0.14mg (6.9%), Iron: 1.14mg (6.34%), Manganese: 0.12mg (5.85%), Vitamin B1: 0.07mg (4.83%), Vitamin C: 3.92mg (4.75%), Fiber: 0.66g (2.64%), Vitamin E: 0.31mg (2.05%)