



## Venetian-style scallops

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 12 large scallops fresh separated for you (ask your fishmonger to do this )
- ☐ 4 shells
- ☐ 3 slices sandwich bread white
- ☐ 6 tbsp olive oil extra virgin extra-virgin
- ☐ 1 large handful parsley fresh finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 4 juice of lemon

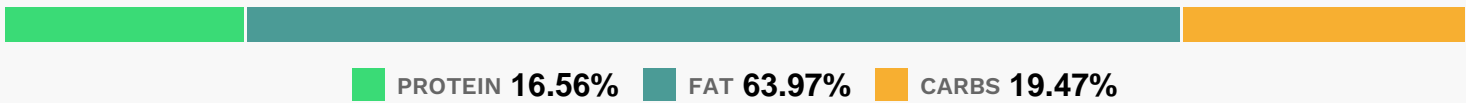
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ kitchen scissors

## Directions

- ☐ Rinse the scallops in cold water then pat dry with kitchen paper. With scissors, snip off the corals (the orange part) as closely as you can to the plump white scallop, and reserve. Scrub the scallop shells thoroughly and dry them.
- ☐ Remove the crusts from the bread and discard. Break the bread into smallish pieces, then pulse in the food processor to make into fine breadcrumbs. Tip into a large non-stick frying pan and toast the breadcrumbs over a moderate heat, stirring every now and then. When they are evenly browned, set aside.
- ☐ Brush any crumbs from the pan with kitchen paper then add the olive oil. When hot, add the scallops but not the corals. Fry over a moderate heat for 3 minutes on each side, then add the corals, chopped parsley and garlic and fry a further minute. If you have shelled your own scallops and saved some of their sweet juice, strain it through muslin to remove any sand then add it to the pan now and let it bubble over a high heat. Season to taste with salt and pepper, add the lemon juice and mix well.
- ☐ Spoon three scallops and their corals with some of the pan juices onto each of the cleaned shells, then scatter with the dry toasted breadcrumbs.
- ☐ Serve with the lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:44.69, Glycemic Load:6.96, Inflammation Score:-3, Nutrition Score:9.9239128983539%

## Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin:

0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 310.15kcal (15.51%), Fat: 22.21g (34.17%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 14.61g (5.31%), Sugar: 1.8g (2%), Cholesterol: 21.6mg (7.2%), Sodium: 443.7mg (19.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.87%), Phosphorus: 327.8mg (32.78%), Vitamin K: 29.09µg (27.71%), Selenium: 16.64µg (23.77%), Vitamin B12: 1.27µg (21.15%), Vitamin E: 3.12mg (20.8%), Vitamin C: 13.17mg (15.97%), Folate: 42.94µg (10.73%), Vitamin B3: 1.59mg (7.94%), Manganese: 0.15mg (7.66%), Vitamin B1: 0.11mg (7.45%), Potassium: 248.32mg (7.09%), Magnesium: 27.88mg (6.97%), Zinc: 1.03mg (6.88%), Iron: 1.2mg (6.67%), Vitamin B6: 0.11mg (5.42%), Calcium: 49.92mg (4.99%), Vitamin B2: 0.07mg (3.85%), Vitamin B5: 0.35mg (3.46%), Copper: 0.06mg (2.77%), Fiber: 0.6g (2.41%), Vitamin A: 89IU (1.78%)