



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Butter Scallops ♦♦

Butter scallops are a delicious seafood dish that is best enjoyed as a main course. The scallops are cooked in butter and seasoned with herbs and spices for a flavorful and tender result. This recipe is perfect for seafood lovers and can be served with rice or pasta.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	scallops
50 g	butter
2 cloves	garlic
4 slices	Lemon

1 tsp	Salt
0.5 tsp	Black pepper
10 g	Parsley

Directions

Step 1

Preparation

Rinse the scallops under cold water and pat dry with paper towels.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a large skillet, melt the butter over medium heat. Add the garlic and cook for 1 minute until fragrant.

Prep Time: 0 mins

Cook Time: 1 mins

Step 3

Stove

Add the scallops to the skillet and cook for 2-3 minutes on each side until golden brown.

Prep Time: 0 mins

Cook Time: 6 mins

Step 4

Stove

Squeeze the lemon slices over the scallops and season with salt and black pepper. Cook for an additional 1 minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Garnish with fresh parsley and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	25 mg	27.78%	33.33%
Vitamin B6	8 mg	615.38%	615.38%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Breads

Side Dishes

Salads

Sauces & Dressings

Appetizers

Main Dishes

Soups

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

Visit our website: healthdor.com