

Scallops with Lime Hollandaise Sauce

The Essential Appetizers Cookbook (1999)
Whitecap Books

24 scallops

LIME HOLLANDAISE SAUCE

1 egg yolk

1 tablespoon lime juice

1 1/2 ounces butter, melted

1 tablespoon snipped chives

salt (to taste)

pepper (to taste)

Using a sharp knife, carefully cut the scallops from their shells, as cleanly as possible, and remove the veins.

Wash the shells in warm water and warm through on a baking tray in a moderate 350 degree oven for 5 minutes.

Chargrill or fry the scallops for 2 to 4 minutes then return to their shells.

For the sauce: In a food processor, mix the egg yolk and lime juice for 30 seconds. With the motor running, add the melted butter in a thin stream.

Transfer to a bowl. Add the chives, salt and pepper.

Spoon one teaspoon of the sauce over each scallop and serve.

Per Serving (excluding unknown items): 580 Calories; 41g Fat (64.8% calories from fat); 43g Protein; 7g Carbohydrate; trace Dietary Fiber; 385mg Cholesterol; 745mg Sodium. Exchanges: 6 Lean Meat; 0 Fruit; 7 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	580	Vitamin B6 (mg):	.3mg
% Calories from Fat:	64.8%	Vitamin B12 (mcg):	4.2mcg
% Calories from Carbohydrates:	5.0%	Thiamin B1 (mg):	trace

% Calories from Protein:	30.2%
Total Fat (g):	41g
Saturated Fat (g):	23g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	385mg
Carbohydrate (g):	7g
Dietary Fiber (g):	trace
Protein (g):	43g
Sodium (mg):	745mg
Potassium (mg):	816mg
Calcium (mg):	92mg
Iron (mg):	1mg
Zinc (mg):	3mg
Vitamin C (mg):	12mg
Vitamin A (i.u.):	1745IU
Vitamin A (r.e.):	455RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	65mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	6
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	7 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 580	Calories from Fat: 376
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% Daily Values*

Total Fat 41g	64%
Saturated Fat 23g	115%
Cholesterol 385mg	128%
Sodium 745mg	31%
Total Carbohydrates 7g	2%
Dietary Fiber trace	0%
Protein 43g	
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Vitamin A	35%
Vitamin C	20%
Calcium	9%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.