

Parmesan Scallops

*Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers*

*2 pounds bay scallops
3 cloves garlic, chopped
1 green onion, chopped
2 tablespoons extra-virgin olive oil
1/4 cup grated Parmesan cheese
1/4 cup seasoned bread crumb
juice of one lemon
salt and pepper (to taste)*

Preheat the oven to 350 degrees.

Rinse the scallops really well and pat dry.

In a skillet, saute' the chopped garlic and green onion in the olive oil until the garlic and onions are softened.

Place the scallops on a non-stick cookie sheet with edges.

Pour the saute'd mixture over the scallops and bake for 9 to 10 minutes.

Mix the bread crumbs and the Parmesan cheese together and sprinkle over the scallops and broil for 2 to 3 minutes or until the scallops are lightly brown.

Just before serving, sprinkle with lemon juice and add salt and pepper to taste.

Per Serving (excluding unknown items): 1147 Calories; 40g Fat (32.3% calories from fat); 161g Protein; 26g Carbohydrate; 1g Dietary Fiber; 315mg Cholesterol; 1838mg Sodium. Exchanges: 21 Lean Meat; 1 Vegetable; 6 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	1147	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	32.3%	Vitamin B12 (mcg):	13.6mcg
% Calories from Carbohydrates:	9.4%	Thiamin B1 (mg):	0mg

% Calories from Protein: 58.3%
 Total Fat (g): 40g
 Saturated Fat (g): 8g
 Monounsaturated Fat (g): 22g
 Polyunsaturated Fat (g): 4g
 Cholesterol (mg): 315mg
 Carbohydrate (g): 26g
 Dietary Fiber (g): 1g
 Protein (g): 161g
 Sodium (mg): 1838mg
 Potassium (mg): 3023mg
 Calcium (mg): 520mg
 Iron (mg): 3mg
 Zinc (mg): 9mg
 Vitamin C (mg): 33mg
 Vitamin A (i.u.): 652IU
 Vitamin A (r.e.): 184 1/2RE

Riboflavin B2 (mg): trace
 Folic acid (mcg): 157mcg
 Niacin (mg): 10mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 0
 Lean Meat: 21
 Vegetable: 1
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 6
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1147 Calories from Fat: 371

% Daily Values*

Total Fat	40g	61%
Saturated Fat	8g	40%
Cholesterol	315mg	105%
Sodium	1838mg	77%
Total Carbohydrates	26g	9%
Dietary Fiber	1g	2%
Protein	161g	
Vitamin A		13%
Vitamin C		55%
Calcium		52%
Iron		17%

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