

Amazing Creamy Tuscan Garlic Scallops

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-scallops-recipe-youtube>

Ingredients:

- 1 tablespoon olive oil
- 1 pound scallops
- 3 garlic cloves minced
- 2 tablespoons olive oil
- 1 cup heavy cream
- 1/2 cup chicken broth
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1/2 cup Parmesan cheese
- 1 cup spinach chopped
- 1/2 cup sun dried tomatoes

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 145 milligrams
4. Fat: 42 grams
5. Fiber: 1 grams
6. Protein: 27 grams
7. SaturatedFat: 20 grams
8. Sodium: 570 milligrams
9. Sugar: 3 grams

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