

Scallops With Carrot Cream And Marjoram

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/marjoram-leaves-indian-recipe>

Ingredients:

- 1 teaspoon salt
- 1/2 cup cream
- freshly ground pepper
- 1/4 cup seasoned rice wine vinegar
- salt
- freshly ground pepper
- 1 tablespoon vegetable oil high-heat
- 1 tablespoon marjoram leaves fresh
- 1/4 cup extra virgin olive oil
- 1/4 cup vegetable oil neutral, such as canola or safflower
- 1/2 pound carrots cut into large dice, about 2 cups
- 1 carrot large, sliced into short ribbons using a vegetable peeler, about 1 cup
- 1 pound sea scallops
- 3/4 cup Italian parsley leaves packed fresh

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 60 milligrams
4. Fat: 39 grams
5. Fiber: 4 grams
6. Protein: 22 grams
7. SaturatedFat: 7 grams
8. Sodium: 1040 milligrams
9. Sugar: 4 grams
10. TransFat: 0.5 grams

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