

Bay Scallops With Garlic

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-bay-scallops-recipe>

Ingredients:

- 1 1/2 pounds bay scallops
- 1/2 cup all-purpose flour
- 4 tablespoons extra virgin olive oil
- 2 garlic cloves minced
- kosher salt to taste
- freshly ground black pepper to taste
- lemon wedges Garnish:, optional
- parsley Garnish: , chopped, optional

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 55 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 2 grams
8. Sodium: 470 milligrams

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