

# Baked Scallops

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 1 1/2 pounds scallops fresh, 4-5 per person
- 3/4 stick butter melted
- 1 cup crushed ritz crackers
- 1 teaspoon minced garlic more to taste
- 3 fresh parsley tablespoons chopped
- 1/4 cup cheese grated Parmesean
- 1/2 teaspoon paprika
- black pepper a few grinds to taste
- 1 dash cayenne pepper if desired, optional
- lemon wedges

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 110 milligrams
4. Fat: 23 grams
5. Fiber: 2 grams
6. Protein: 32 grams
7. SaturatedFat: 13 grams
8. Sodium: 510 milligrams
9. Sugar: 1 grams

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