

Coquille St-Jacques

Yield: 4 min
Total Time: 33 min

Recipe from: <https://www.recipeschoose.com/recipes/steamed-scallops-and-shrimp-indian-recipe>

Ingredients:

- 500 grams scallops small
- 500 grams shrimps small, shelled and deveined
- 12 ounces mushrooms sliced,
- 1 cup white wine
- 1 onion small, chopped
- 1 tablespoon parsley chopped
- 2 tablespoons lemon juice
- 1/4 cup butter
- 6 tablespoons all-purpose flour
- 1 cup half-and-half cream or 10%
- 1/3 cup Gruyere cheese grated
- 1 cup fresh breadcrumbs or panko

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 295 milligrams
4. Fat: 26 grams
5. Fiber: 2 grams
6. Protein: 57 grams
7. SaturatedFat: 13 grams
8. Sodium: 720 milligrams
9. Sugar: 5 grams

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