

# Scallops in Wine Sauce

*Stancato's Restaurant*

*Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio*

## Servings: 4

*2 tablespoons unsalted butter*  
*1 large shallot, chopped*  
*2 ounces dry white wine*  
*salt (to taste)*  
*ground white pepper (to taste)*  
*garlic (to taste)*  
*2 pounds fresh scallops*  
*1/2 pound fresh mushrooms, sliced*  
*Italian breadcrumbs (for topping)*

Heat the butter in a large skillet over medium heat. Add the shallot and saute' lightly.

Stir in the wine and scallops and simmer gently. Season to taste with salt, pepper and garlic.

Add the mushrooms. Cook, stirring occasionally, for 10 to 15 minutes or until the scallops are tender.

Spoon into an ovenproof serving dish. Sprinkle with seasoned Italian breadcrumbs. Broil for a moment or two, just until lightly browned.

Serve immediately.

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Per Serving (excluding unknown items): 76 Calories; 6g Fat (75.6% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Vegetable; 1 Fat.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	76	Vitamin B6 (mg):	trace
% Calories from Fat:	75.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	17.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	6g	Folacin (mcg):	13mcg
Saturated Fat (g):	4g	Niacin (mg):	2mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	10
Cholesterol (mg):	16mg	% Refuse:	0.0%

Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	4mg
Potassium (mg):	225mg
Calcium (mg):	7mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	529IU
Vitamin A (r.e.):	84 1/2RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	76	Calories from Fat: 57
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### % Daily Values\*

<b>Total Fat</b>	6g	9%
Saturated Fat	4g	18%
<b>Cholesterol</b>	16mg	5%
<b>Sodium</b>	4mg	0%
<b>Total Carbohydrates</b>	3g	1%
Dietary Fiber	1g	3%
<b>Protein</b>	1g	

<b>Vitamin A</b>	11%
<b>Vitamin C</b>	4%
<b>Calcium</b>	1%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2000 calorie diet.