

Scallops with Basil Lemon Sauce

Paula Macri - Gattuso's Bella Cucina

1 pound fresh sea scallops (dry scallops are better)
3 tablespoons butter
1 large clove minced garlic
3 tablespoons fresh basil, chopped
2 tablespoons fresh lemon juice
salt (to taste)
pepper (to taste)
your favorite pasta, cooked according to package directions

Rinse the scallops in cold water. Pat dry with paper towels.

In a large skillet, melt the butter over medium heat. Add the minced garlic and basil. Saute' over medium-high, stirring occasionally, for approximately 2 minutes.

Add the lemon juice and cook, stirring constantly, for an additional 3 minutes.

Season with salt and pepper.

Serve on top of your favorite pasta.

Per Serving (excluding unknown items): 319 Calories; 35g Fat (94.2% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 93mg Cholesterol; 352mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 7 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	319	Vitamin B6 (mg):	trace
% Calories from Fat:	94.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	4.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	35g	Folacin (mcg):	10mcg
Saturated Fat (g):	21g	Niacin (mg):	trace
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	93mg	% Refuse:	0.0%
Carbohydrate (g):	4g		
Dietary Fiber (g):	trace		

Food Exchanges

Grain (Starch):	0
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Protein (g): 1g
Sodium (mg): 352mg
Potassium (mg): 97mg
Calcium (mg): 30mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 16mg
Vitamin A (i.u.): 1614IU
Vitamin A (r.e.): 353RE

Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 7
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 319 Calories from Fat: 300

% Daily Values*

Total Fat	35g	53%
Saturated Fat	21g	107%
Cholesterol	93mg	31%
Sodium	352mg	15%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	2%
Protein	1g	

Vitamin A	32%
Vitamin C	27%
Calcium	3%
Iron	2%

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