

# Broiled Scallops

Scallops with a delicious lemon butter sauce.  
Make it a meal: Serve with brown rice and steamed green beans.



## **Cooking Information:**

Serves: 3

Total Time: 13 minutes

## **Ingredients:**

- \* 1 to 1½ pounds bay scallops
- \* 1 tablespoon garlic salt
- \* 1 tablespoon butter, melted
- \* 3 tablespoons lemon juice

## **Magnesium per ingredient\***

**308-462 mg**

**0 mg**

**0 mg**

**0 mg**

## **Directions:**

1. Turn broiler on.
2. Rinse scallops and place in a shallow baking pan. Sprinkle with garlic salt, melted butter, and lemon juice.
3. Broil 6 to 8 minutes or until scallops start to turn golden. Remove from oven and serve with extra melted butter on the side for dipping.

**One serving of this recipe contains approximately 100-150 mg of magnesium\* based on the [Magnesium Calculator](#) within this site. Visit our [Magnesium Calculator](#) to find out how much magnesium is in your favorite recipes.**

**\*This is only an approximation of magnesium intake.**