



Best Air Fryer Scallops Recipe

Description

Equipment

- air fryer

Ingredients

- 1/2 lb scallops
- 1 tsp salt-free lemon pepper seasoning
- 1/2 tsp paprika
- salt and pepper to taste
- 1 tbsp softened butter

Instructions

- Begin by preheating your air fryer to 400 degrees F. Once it's preheated, spray the air fryer basket with cooking spray.
- Season the scallops on both sides with salt, pepper, paprika, and salt-free lemon pepper seasoning. Place the scallops in the air fryer and cook for 6 minutes. Flip after 3 minutes. Toss the scallops with some softened butter and enjoy!

Notes

- Make sure to pat dry the scallops with a paper towel before cooking.
- Discard the tough side muscle.

- Season generously!

Nutrition

Calories: 257kcal | Carbohydrates: 7g | Protein: 27g | Fat: 12g | Saturated Fat: 7g | Trans Fat: 1g | Cholesterol: 85mg | Sodium: 989mg | Potassium: 468mg | Sugar: 1g | Vitamin A: 357IU | Calcium: 17mg | Iron: 1mg

Category

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