



J.J. McDONNELL

*Excellence in Seafood*

## Sea Scallops

Sea Scallops are available in a variety of sizes, most popular from largest to smallest in weight are below.

- U/8 contains 8 ct or less per pound.
- U/10 contains 10 ct or less per pound.
- 10/20 count, our buying standard is no greater than 14/16 ct per pound, can be less.
- 20/30 count, our buying standard is no greater than 24/26 ct per pound, can be less.



## Sea Scallops

Scallops rapidly grow within the first few years, with an increase of shell height of 50-80% and meat quadrupling in size at four to five years. Scallops swim by propelling themselves through the water by their adductor muscle (the meat).

Sea scallops are found along the Atlantic coast from the Mid-Atlantic to the US/Canada border. Dredges are used to harvest scallops, where they are shucked onboard shortly after being caught.

# Sea Scallops

To protect the population each season's harvest is restricted to zones, with some areas being closed to replenish the population. Some zone limits are due to bycatch of yellowtail flounder as well as sea turtles.

Spawning season occurs in the Spring and Fall for Atlantic Scallops, and in the Fall for Northern Scallops (from New

England waters). This can often cause scallops to purge a milky-colored water. This is excess protein which has been absorbed in the scallop for spawning. Water temperatures and other environmental factors can extend the duration of the purge, regardless of harvest region.

**Fun Fact: Scallops have as many as 60 bright blue eyes along the edge of their shell.**

There are 2 types of sea scallops available for purchase. Dry scallops, which have a sticky feel and wet scallops with a slick almost soapy feel. Wet scallops have been soaked in phosphates which adds water - once cooked they will reduce in size. Dry scallops are not treated with chemicals, and do not lose size when cooked.



J.J. McDonnell & Co., Inc.

www.JJMcDonnell.com  
 7010 Brookdale Drive, Elkridge MD 21075  
 410.799.4000

<b>Nutrition Facts</b>	
Serving Size 3 oz (85g) Scallop, steamed	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 570mg</b>	<b>24%</b>
<b>Total Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 17g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
Vitamin D 0%	• Selenium 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4