

Keto Foil Garlic Butter Scallops



Ingredients

- 8 tbsp butter
- 1 bunch asparagus - white parts removed
- 1 lb scallops
- Head of garlic - minced
- Lemon - cut into 4 pieces

*Also needed are 4 large pieces of aluminum foil cut into squares

Instructions:

1. Put 2 tbsp of butter on each square of aluminum foil
2. Divide asparagus, scallops, and minced garlic equally among the 4 squares.
3. Fold foil packets so that ends are sealed and food is not exposed.
4. Cook on a grill or on an oiled pan for around 3 minutes per side.
5. Serve each packet with 1 piece of lemon

Nutrition Info:

- Servings: 4
- Calories: 353
- Fat: 23.9 g
- Protein: 28.7 g
- Carbs: 6.4 g
- Net Carbs: 4.4 g