



Barbecue-Rubbed Scallops with Creamy Sauerkraut Soup

READY IN



60 min.

SERVINGS



6

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings garnish: baby arugula
- ☐ 1 bacon cut into 1-inch pieces
- ☐ 0.1 teaspoon rounded cayenne
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 teaspoon flour all-purpose
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 cup heavy cream

- ☐ 1 teaspoon kosher salt
- ☐ 2.5 cups chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 5 ounces sauerkraut rinsed drained
- ☐ 12 large sea scallops
- ☐ 2 teaspoons cup heavy whipping cream sour
- ☐ 1 teaspoon sumac powder
- ☐ 0.5 teaspoon paprika smoked sweet (pimentón dulce)
- ☐ 3 tablespoons butter unsalted divided
- ☐ 0.5 cup onion white chopped
- ☐ 0.3 teaspoon pepper white

Equipment

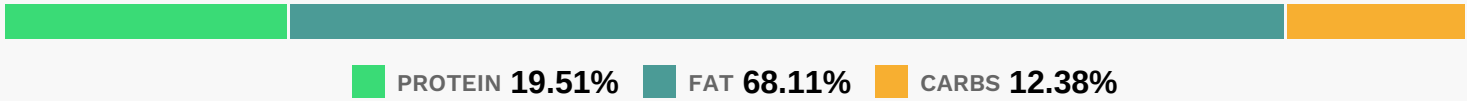
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Melt 1 tablespoon butter in a 5-quart pot over medium heat, then cook bacon and onion, stirring occasionally, until most of bacon fat is rendered, about 5 minutes.
- ☐ Add sauerkraut and wine and simmer briskly, uncovered, until most of wine has evaporated, about 3 minutes.
- ☐ Stir in stock and heavy cream, then simmer gently, uncovered, stirring occasionally, 20 minutes.
- ☐ Remove from heat and stir in mustard, sour cream, and remaining 2 tablespoon butter. Purée soup in batches in a blender until smooth and creamy (use caution when blending hot liquids), then return to pot. Season with salt and pepper. Keep warm.
- ☐ Mix flour, spices, and kosher salt in a bowl. Pat scallops dry, then generously coat one side of each scallop evenly with spice mixture.

- ☐ Heat oil in a 12-inch heavy nonstick skillet over medium-low heat until it shimmers. Cook scallops, plain side down first, turning once, until just cooked through, 5 to 6 minutes total. Reserve spiced cooking oil.
- ☐ Divide soup among 6 bowls.
- ☐ Place 2 scallops in each bowl and top with arugula.
- ☐ Drizzle soup with reserved oil.
- ☐ •Soup can be made 3 days ahead and chilled. •Spice mixture (for scallops) can be made 1 week ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:8.1713044176931%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 225.69kcal (11.28%), Fat: 16.71g (25.71%), Saturated Fat: 7.43g (46.42%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 5.6g (2.04%), Sugar: 1.82g (2.02%), Cholesterol: 43.86mg (14.62%), Sodium: 849.9mg (36.95%), Alcohol: 1.37g (100%), Alcohol %: 0.7% (100%), Protein: 10.77g (21.54%), Phosphorus: 262.03mg (26.2%), Vitamin K: 17.89µg (17.04%), Vitamin B12: 0.99µg (16.55%), Selenium: 9.47µg (13.52%), Vitamin A: 674.01IU (13.48%), Vitamin B3: 2.06mg (10.29%), Potassium: 340.9mg (9.74%), Vitamin C: 6.1mg (7.4%), Vitamin E: 1.09mg (7.26%), Folate: 28.82µg (7.21%), Magnesium: 27.19mg (6.8%), Vitamin B6: 0.13mg (6.68%), Iron: 1.13mg (6.3%), Manganese: 0.13mg (6.3%), Zinc: 0.87mg (5.82%), Copper: 0.11mg (5.4%), Vitamin B2: 0.09mg (5.19%), Fiber: 1.24g (4.95%), Calcium: 46.73mg (4.67%), Vitamin B5: 0.28mg (2.82%), Vitamin B1: 0.04mg (2.46%), Vitamin D: 0.28µg (1.86%)