



Blackened Sea Scallops over Stone-Ground Grits with Vanilla Beurre Blanc

 Gluten Free

READY IN



46 min.

SERVINGS



4

CALORIES



342 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 3.5 cups chicken broth
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 4 servings chives fresh cut into pieces
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red

- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon salt
- ☐ 12 large sea scallops
- ☐ 0.8 cup grits stone-ground uncooked
- ☐ 4 servings vanilla beurre blanc
- ☐ 2 tablespoons cornmeal yellow

Equipment

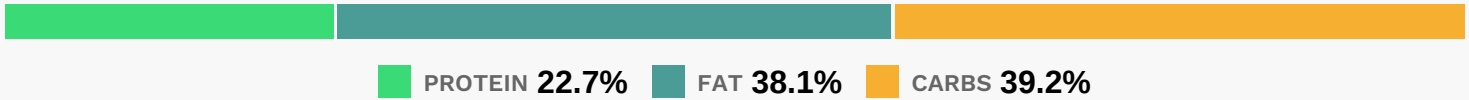
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Bring chicken broth to a boil in a 3-qt. saucepan. Meanwhile, combine cornmeal and next 7 ingredients in a zip-top plastic bag. Set aside.
- ☐ Stir grits into broth, whisking constantly. Cover and cook 10 minutes or until desired thickness, stirring occasionally. Stir in Parmesan cheese and 2 Tbsp. butter.
- ☐ Remove from heat; cover to keep warm.
- ☐ Meanwhile, prepare Vanilla Beurre Blanc.
- ☐ Pat scallops dry with paper towels.
- ☐ Place scallops in zip-top plastic freezer bag with cornmeal mixture; seal bag, and toss to coat well.
- ☐ Heat oil in a large skillet over medium-high heat until very hot.
- ☐ Place scallops in hot skillet, and cook 3 minutes. Turn scallops, reduce heat to medium, and cook 3 more minutes or just until done.

- ☐ Just before serving, reheat grits over medium-low heat, adding a little chicken broth, if needed. Spoon grits onto serving plates. Arrange scallops on grits; drizzle with Vanilla Beurre Blanc.
- ☐ Sprinkle with chives.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:63.13, Glycemic Load:2.23, Inflammation Score:-6, Nutrition Score:10.816956542108%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 342.34kcal (17.12%), Fat: 14.3g (22.01%), Saturated Fat: 6.28g (39.25%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 31.81g (11.57%), Sugar: 1.38g (1.54%), Cholesterol: 51.64mg (17.21%), Sodium: 1526.03mg (66.35%), Alcohol: 0.34g (100%), Alcohol %: 0.12% (100%), Protein: 19.18g (38.35%), Phosphorus: 426.22mg (42.62%), Selenium: 22.17µg (31.67%), Vitamin B12: 1.49µg (24.85%), Vitamin A: 699.46IU (13.99%), Calcium: 133.05mg (13.31%), Zinc: 1.83mg (12.21%), Vitamin B2: 0.21mg (12.2%), Manganese: 0.23mg (11.47%), Magnesium: 42.08mg (10.52%), Potassium: 326.77mg (9.34%), Vitamin B6: 0.17mg (8.45%), Vitamin B3: 1.65mg (8.27%), Vitamin B1: 0.11mg (7.38%), Vitamin K: 7.59µg (7.23%), Iron: 1.29mg (7.14%), Vitamin E: 1.05mg (6.97%), Fiber: 1.3g (5.18%), Folate: 20.53µg (5.13%), Copper: 0.1mg (5.05%), Vitamin B5: 0.45mg (4.52%)