



Broiled Scallops with Chanterelles

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 7 tablespoons butter
- ☐ 0.5 pound chanterelles
- ☐ 1 pound scallops
- ☐ 1 tomatoes peeled seeded chopped

Equipment

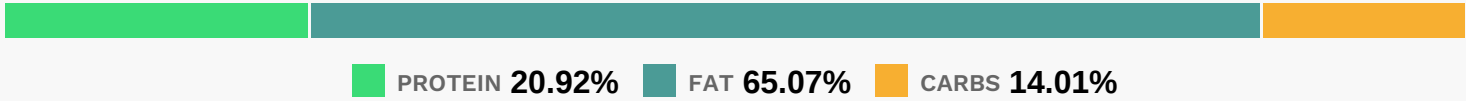
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Melt 2 tablespoons butter in a skillet over medium heat; cook and stir chanterelles in hot butter until tender, 5 to 8 minutes.
- ☐ Transfer chanterelles to a bowl. Melt remaining 7 tablespoons butter in the same skillet and reduce heat to low. Cook butter until it turns pale brown and gives off a nutty fragrance, about 5 minutes.
- ☐ Stir tomato and balsamic vinegar into browned butter; cook and stir until tomato is soft, about 2 minutes. Stir cooked tomato and browned butter into mushrooms.
- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- ☐ Place scallops onto a broiler pan and broil in oven until just opaque, about 2 minutes per side.
- ☐ Serve scallops on a platter topped with chanterelles and sauce.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:8.1400000116099%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 192.02kcal (9.6%), Fat: 13.86g (21.32%), Saturated Fat: 8.5g (53.11%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 5.03g (1.83%), Sugar: 1.78g (1.98%), Cholesterol: 53.26mg (17.75%), Sodium: 407.02mg (17.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.05%), Phosphorus: 283.9mg (28.39%), Vitamin B12: 1.09µg (18.23%), Selenium: 10.67µg (15.25%), Vitamin D: 2µg (13.36%), Vitamin A: 581.2IU (11.62%), Potassium: 404.72mg (11.56%), Vitamin B3: 2.2mg (11.02%), Iron: 1.7mg (9.42%), Copper: 0.16mg (8.22%), Manganese: 0.15mg (7.57%), Fiber: 1.68g (6.73%), Zinc: 1.01mg (6.73%), Magnesium: 24.77mg (6.19%), Vitamin B5: 0.61mg (6.05%),

Vitamin B2: 0.1mg (6%), Vitamin B6: 0.09mg (4.44%), Folate: 16.42µg (4.1%), Vitamin C: 2.81mg (3.4%), Vitamin E: 0.49mg (3.26%), Vitamin K: 2.76µg (2.63%), Calcium: 17.62mg (1.76%), Vitamin B1: 0.02mg (1.29%)