



Conch Scaloppini

READY IN



100 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons freshly basil leaves chopped
- 6 servings bread warmed for serving
- 4 tablespoons butter cut into cubes, room temperature
- 2 cups buttermilk
- 1 tablespoon cajun spice
- 1 tablespoon capers whole
- 0.5 cup chicken stock see
- 2 tablespoons flour all-purpose
- 1 tablespoon garlic minced

- 2 tablespoons grapeseed oil divided
- 1 juice of lemon juiced
- 6 servings kosher salt and pepper black freshly ground
- 2 pounds conch meat
- 3 tablespoons olives minced
- 2 teaspoons parsley leaves chopped
- 1 teaspoon thyme leaves minced
- 2 tablespoons tomatoes diced seeded
- 2 tablespoons white wine

Equipment

- bowl
- frying pan
- paper towels
- ladle
- plastic wrap
- aluminum foil
- cutting board

Directions

- Fillet the conch meat on a cutting board to create flat 12 to 15 (1/4 to 1/2-inch) fillets – the thinner the better without breaking. Cover the pieces with plastic wrap and pound the meat with a mallet to flatten, doubling the width.
- Put the conch meat in a shallow dish and add the buttermilk and Cajun spice, tossing to make sure the conch is evenly coated.
- Let marinate, covered, in the refrigerator for 1 to 2 hours.
- In a small bowl, combine the flour and salt and pepper, to taste.
- Remove the conch from the marinade, pat dry with a paper towel and dredge in seasoned flour.

- In a large saute pan over medium-high heat, add 1 tablespoon grapeseed oil and when the oil is hot add the floured conch, cooking for 1 to 2 minutes on each side.
- Remove the conch to a plate and tent with foil to keep warm.
- To the saute pan add the remaining grapeseed oil.
- Add the olives, garlic, tomatoes, capers and thyme, and cook over medium heat for 2 minutes.
- Remove the olive mixture from the pan and pour over the conch. Return the pan to medium heat.
- Add the wine to deglaze the pan, then add the stock, basil, lemon juice and parsley. Cook to reduce by 2/3 volume and swirl in the butter. Ladle into serving bowls and serve with warmed bread.

Nutrition Facts

PROTEIN 35.9% **FAT 43.88%** **CARBS 20.22%**

Properties

Glycemic Index:90.94, Glycemic Load:9.99, Inflammation Score:-8, Nutrition Score:23.913478146429%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 441.24kcal (22.06%), Fat: 21.14g (32.53%), Saturated Fat: 8g (50.02%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 19.98g (7.27%), Sugar: 6.3g (7%), Cholesterol: 126.23mg (42.08%), Sodium: 581.45mg (25.28%), Alcohol: 0.51g (100%), Alcohol %: 0.2% (100%), Protein: 38.92g (77.85%), Vitamin B3: 18.07mg (90.33%), Selenium: 61.12µg (87.31%), Vitamin B6: 1.26mg (62.96%), Phosphorus: 441mg (44.1%), Vitamin B5: 2.76mg (27.64%), Vitamin B2: 0.41mg (24.36%), Potassium: 791.01mg (22.6%), Manganese: 0.45mg (22.48%), Vitamin A: 1066.38IU (21.33%), Vitamin B1: 0.29mg (19.18%), Vitamin E: 2.5mg (16.7%), Magnesium: 65.7mg (16.43%), Calcium: 148.61mg (14.86%), Iron: 2.16mg (12.02%), Vitamin B12: 0.69µg (11.44%), Zinc: 1.62mg (10.82%), Folate: 42.77µg (10.69%), Vitamin D: 1.19µg (7.94%), Fiber: 1.95g (7.78%), Copper: 0.15mg (7.3%), Vitamin C: 5.59mg (6.77%), Vitamin K: 5.22µg (4.97%)