



 **9%**  
HEALTH SCORE

## Cook the Book: Scallops with Pea Purée and Ham

 **Gluten Free**

READY IN



**40 min.**

SERVINGS



**4**

CALORIES



**404 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 cups peas fresh
- 4 servings canola oil extra-virgin
- 1 small garlic clove finely chopped
- 1 Leaves mint leaves chopped
- 1 tablespoon olive oil
- 1 tablespoon vegetable oil; peanut oil preferred
- 12 scallops cleaned

- 4 servings pepper black freshly ground
- 4 large bacon paper-thin cooked thin (or 8 bacon slices)
- 3 tablespoons butter unsalted


## Equipment

- food processor
- frying pan
- blender

## Directions

- First, make the pea purée: Cook the peas in boiling salted water until tender, then drain, reserving the cooking water, and empty the peas into a blender or food processor.
- Put the oil and garlic in a small pan and allow to sizzle gently for barely a minute until the garlic just begins to color. Quickly pour it into the blender with the peas.
- Add the butter, mint, and a pinch each of salt and pepper. Blend to a purée, adding a little of the cooking liquid if necessary to give a consistency similar to that of coarse hummus. Taste and adjust the seasoning; keep warm.
- To cook the scallops, put a large, nonstick frying pan over medium-high heat and add the oil. Tear the ham into large shreds and add to the pan, turning the pieces over in the oil as soon as they start to crisp —this should take less than a minute.
- Transfer to a warm plate. Season the scallops, add them to the pan, and cook for about a minute, until golden brown underneath. Turn them over and cook for a minute on the other side.
- Immediately transfer the scallops to 4 warm plates, adding a few scraps of ham to each one. Put a good dollop of pea purée next to the scallops, drizzle with a little extra-virgin oil plus the juices from the scallop pan, and grind over some pepper.
- Serve right away.

## Nutrition Facts

 PROTEIN 12.92%  FAT 72.47%  CARBS 14.61%

## Properties

Glycemic Index:26.58, Glycemic Load:3.58, Inflammation Score:-7, Nutrition Score:15.317826086957%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 404.2kcal (20.21%), Fat: 32.91g (50.64%), Saturated Fat: 8.58g (53.64%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 9.73g (3.54%), Sugar: 5.15g (5.73%), Cholesterol: 41.3mg (13.77%), Sodium: 316.71mg (13.77%), Protein: 13.2g (26.4%), Vitamin C: 36.49mg (44.23%), Vitamin K: 35.5µg (33.81%), Phosphorus: 283.05mg (28.3%), Vitamin E: 3.9mg (26%), Fiber: 5.21g (20.83%), Manganese: 0.41mg (20.34%), Vitamin B1: 0.29mg (19.41%), Vitamin A: 961.13IU (19.22%), Selenium: 11.66µg (16.66%), Folate: 66.47µg (16.62%), Vitamin B3: 3.06mg (15.31%), Vitamin B12: 0.74µg (12.33%), Zinc: 1.8mg (11.99%), Vitamin B6: 0.24mg (11.94%), Magnesium: 42.86mg (10.72%), Potassium: 360.26mg (10.29%), Copper: 0.18mg (9.18%), Iron: 1.63mg (9.03%), Vitamin B2: 0.15mg (8.8%), Calcium: 30.62mg (3.06%), Vitamin B5: 0.3mg (2.98%), Vitamin D: 0.19µg (1.26%)