



Leek and Scallop Stew

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2 teaspoons bottled garlic minced
- 14.5 ounce canned tomatoes diced drained well canned
- 2 tablespoons breadcrumbs dry
- 1 cup less-sodium chicken broth dry white fat-free
- 1 cup less-sodium chicken broth fat-free
- 0.3 cup cilantro leaves fresh chopped
- 1.5 teaspoons thyme leaves fresh chopped
- 0.3 cup half-and-half

- 1 cup leek thinly sliced (1 large)
- 1 tablespoon lemon rind fresh grated
- 1 teaspoon olive oil
- 0.5 teaspoon salt
- 1 pound sea scallops cut in half horizontally (12 scallops)

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- ladle

Directions

- Pat scallops dry with a paper towel; lightly coat scallops with cooking spray.
- Heat a large nonstick skillet over medium-high heat.
- Add one-third of scallops; sear 2 minutes on each side or until lightly browned.
- Remove scallops from pan. Repeat procedure twice with remaining scallops.
- While scallops cook, heat olive oil in a large saucepan coated with cooking spray over medium-high heat.
- Add leek and garlic; saut 4 minutes or until tender.
- Add wine and next 5 ingredients; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes.
- Add scallops, and simmer 3 minutes.
- Remove from heat; stir in half-and-half.
- Combine cilantro, breadcrumbs, and lemon rind in a small bowl; stir well. Ladle stew into individual bowls; top with breadcrumb mixture.

Nutrition Facts



■ PROTEIN 37.56% ■ FAT 19.8% ■ CARBS 42.64%

Properties

Glycemic Index:52.25, Glycemic Load:3.29, Inflammation Score:-8, Nutrition Score:15.960869623267%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 183.69kcal (9.18%), Fat: 4.15g (6.39%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 20.11g (6.7%), Net Carbohydrates: 17.13g (6.23%), Sugar: 6.59g (7.32%), Cholesterol: 32.51mg (10.84%), Sodium: 1386.46mg (60.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.72g (35.44%), Phosphorus: 460.2mg (46.02%), Vitamin B12: 1.87µg (31.2%), Selenium: 19.98µg (28.55%), Manganese: 0.46mg (23.23%), Vitamin C: 16.45mg (19.94%), Vitamin K: 20.58µg (19.6%), Potassium: 663.03mg (18.94%), Vitamin B6: 0.36mg (17.83%), Iron: 2.88mg (15.99%), Vitamin B3: 3.17mg (15.87%), Vitamin A: 754.26IU (15.09%), Magnesium: 59.27mg (14.82%), Copper: 0.3mg (14.77%), Folate: 53.95µg (13.49%), Fiber: 2.99g (11.94%), Vitamin E: 1.71mg (11.39%), Vitamin B1: 0.17mg (11.09%), Zinc: 1.55mg (10.3%), Calcium: 96.29mg (9.63%), Vitamin B2: 0.16mg (9.41%), Vitamin B5: 0.8mg (8%)