



Lemon-Pepper Sea Scallops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bottled clam juice
- ☐ 2 tablespoons chives fresh minced
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lemon
- ☐ 1.5 teaspoons lemon-pepper seasoning
- ☐ 2 tablespoons mirin
- ☐ 1 medium onion halved thinly sliced
- ☐ 1 pound sea scallops (25)

☐ 1 tablespoon vegetable oil

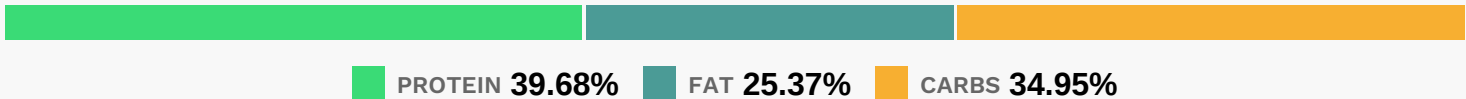
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ wooden spoon

Directions

- ☐ Place scallops on paper towels to remove excess moisture.
- ☐ Place a large nonstick skillet over high heat until hot.
- ☐ Add half of scallops; cook 2 minutes on each side or until browned.
- ☐ Remove scallops from skillet; scrape off any residue in pan with a wooden spoon. Repeat procedure with remaining scallops.
- ☐ Heat oil in skillet over medium-high heat until hot.
- ☐ Add onion and garlic; cook, stirring constantly, 3 minutes or until tender.
- ☐ Return scallops to skillet; add clam juice and next 3 ingredients. Simmer 1 minute or until thoroughly heated.
- ☐ Sprinkle with chives before serving.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:1.62, Inflammation Score:-6, Nutrition Score:15.607391046441%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.39mg,

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Nutrients (% of daily need)

Calories: 288.57kcal (14.43%), Fat: 8.13g (12.51%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 25.19g (8.4%), Net Carbohydrates: 23.59g (8.58%), Sugar: 7.6g (8.44%), Cholesterol: 54.43mg (18.14%), Sodium: 1129.32mg (49.1%), Alcohol: 1.7g (100%), Alcohol %: 0.62% (100%), Protein: 28.61g (57.21%), Phosphorus: 786mg (78.6%), Vitamin B12: 3.21µg (53.44%), Selenium: 29.96µg (42.8%), Vitamin K: 21.62µg (20.59%), Manganese: 0.37mg (18.63%), Potassium: 620.12mg (17.72%), Magnesium: 61.9mg (15.47%), Zinc: 2.25mg (15.03%), Vitamin B6: 0.3mg (14.94%), Folate: 54.1µg (13.52%), Vitamin C: 11.13mg (13.49%), Vitamin B3: 1.79mg (8.95%), Iron: 1.27mg (7.08%), Vitamin B5: 0.64mg (6.38%), Fiber: 1.59g (6.37%), Copper: 0.12mg (5.85%), Calcium: 43.91mg (4.39%), Vitamin E: 0.64mg (4.24%), Vitamin B1: 0.06mg (3.94%), Vitamin A: 191.48IU (3.83%), Vitamin B2: 0.06mg (3.71%)