



Lemon-Shallot Scallops

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 2 teaspoons butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon salt

- ☐ 1.5 pounds sea scallops
- ☐ 3 tablespoons shallots minced

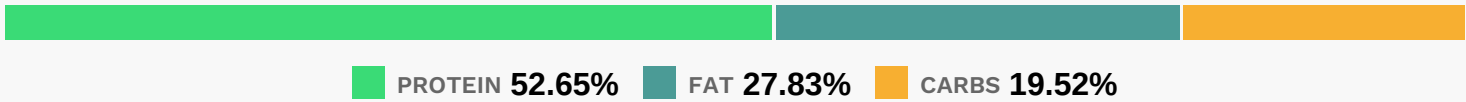
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium–high heat.
- ☐ Sprinkle sea scallops with salt and pepper.
- ☐ Add scallops to pan, and saut 2 minutes on each side.
- ☐ Remove scallops from pan, and keep warm.
- ☐ Melt butter in pan.
- ☐ Add shallots and garlic; saut 30 seconds.
- ☐ Add wine and juice; cook 1 minute. Return scallops to pan; toss to coat.
- ☐ Remove from heat; sprinkle with parsley.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:11.10478256578%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 173.46kcal (8.67%), Fat: 4.9g (7.54%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 7.37g (2.68%), Sugar: 0.85g (0.95%), Cholesterol: 46.2mg (15.4%), Sodium: 976.52mg (42.46%), Alcohol: 1.54g (100%), Alcohol %: 0.96% (100%), Protein: 20.86g (41.72%), Phosphorus: 578.54mg (57.85%), Vitamin B12: 2.4µg (40.04%), Vitamin K: 34.51µg (32.87%), Selenium: 22µg (31.43%), Potassium: 404.19mg (11.55%), Zinc: 1.63mg (10.87%), Magnesium: 42.15mg (10.54%), Folate: 33.82µg (8.46%), Vitamin B6: 0.17mg (8.46%), Vitamin B3: 1.26mg (6.32%), Vitamin C: 4.91mg (5.95%), Iron: 0.94mg (5.23%), Manganese: 0.1mg (4.96%), Vitamin A: 237.32IU (4.75%), Vitamin B5: 0.42mg (4.15%), Copper: 0.05mg (2.68%), Vitamin E: 0.37mg (2.48%), Calcium: 19.8mg (1.98%), Vitamin B2: 0.03mg (1.97%), Fiber: 0.36g (1.45%), Vitamin B1: 0.02mg (1.42%)