



# Pan Seared Fresh Maine Diver Scallops Creamy Avocado Champagne Grape Salad Teriyaki Cabernet Butter Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



574 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 avocado
- 2 cups wine
- 2 cups grapes (cut in half)
- 1 Tablespoon onion
- 4 servings olive oil
- 4 servings salt and pepper to taste

- 12 scallops fresh (size)
- 1 tablespoon butter unsalted

## Equipment

- frying pan
- sauce pan
- whisk

## Directions

- In a sauce pan over medium heat reduce red wine down to 1/2 cup (almost syrupy)
- Add teriyaki sauce and simmer low heat for 1 minute, take off heat and keep warm
- Cube avocado and mix with champagne grapes, salt and pepper to taste
- Heat a saute pan to high heat with olive oil
- Salt and pepper scallops and sear on each side for 3 minutes
- Place pan with scallops in 450F for three minutes
- Whisk butter into teriyaki wine sauce till smooth
- Place scallops on plate with avocado grape salad
- With a spoon gently place sauce around entree

## Nutrition Facts



**PROTEIN 7.07%** **FAT 68.67%** **CARBS 24.26%**

## Properties

Glycemic Index:21.5, Glycemic Load:7.08, Inflammation Score:-8, Nutrition Score:18.18347826087%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 13.35mg, Epicatechin: 13.35mg, Epicatechin: 13.35mg, Epicatechin: 13.35mg Epigallocatechin

3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

## Taste

Sweetness: 53.58%, Saltiness: 45.92%, Sourness: 76.57%, Bitterness: 39.82%, Savoriness: 30.89%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 573.6kcal (28.68%), Fat: 39.34g (60.53%), Saturated Fat: 7.04g (44%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 20.46g (7.44%), Sugar: 12.83g (14.25%), Cholesterol: 18.33mg (6.11%), Sodium: 383.12mg (16.66%), Alcohol: 12.6g (70%), Protein: 9.12g (18.24%), Vitamin K: 51.36µg (48.92%), Fiber: 10.8g (43.21%), Vitamin E: 5.36mg (35.74%), Folate: 131.5µg (32.87%), Potassium: 971.59mg (27.76%), Phosphorus: 245.31mg (24.53%), Vitamin B6: 0.49mg (24.43%), Vitamin B5: 2.23mg (22.35%), Vitamin C: 17.61mg (21.35%), Copper: 0.39mg (19.74%), Vitamin B3: 3.09mg (15.43%), Vitamin B2: 0.26mg (15.13%), Magnesium: 59.2mg (14.8%), Manganese: 0.28mg (13.89%), Vitamin B12: 0.64µg (10.67%), Vitamin B1: 0.16mg (10.5%), Zinc: 1.43mg (9.56%), Selenium: 6.49µg (9.27%), Iron: 1.36mg (7.55%), Vitamin A: 358.77IU (7.18%), Calcium: 29.94mg (2.99%)