



WHATSheATE



Pan-Seared Scallops with Champagne Grapes and Almonds



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 4 ounces champagne grapes black halved
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1.5 tablespoons parsley fresh italian chopped
- ☐ 16 large sea scallops
- ☐ 1.5 tablespoons shallots minced
- ☐ 5 tablespoons butter unsalted divided

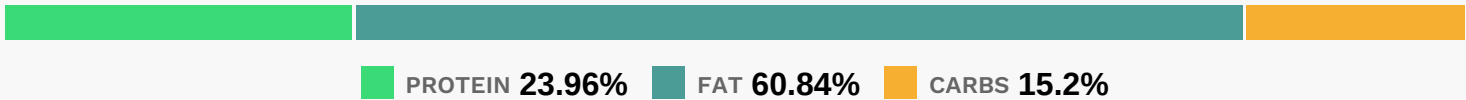
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Sprinkle scallops with salt and pepper.
- ☐ Melt 3 tablespoons butter in very large skillet over medium-high heat. Cook butter until beginning to brown, about 2 minutes.
- ☐ Add scallops; cook 2 minutes per side.
- ☐ Transfer scallops to plate; tent with foil. Melt remaining butter in same skillet over medium-high heat.
- ☐ Add shallots and grapes; sauté until shallots are golden, stirring occasionally, about 2 minutes. Stir in lemon juice and any accumulated scallop juices. Bring mixture to boil; season with salt and pepper. Stir in almonds and parsley.
- ☐ Place 4 scallops on each of 4 plates. Spoon sauce over and serve.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.91, Inflammation Score:-6, Nutrition Score:12.42086956812%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 273.3kcal (13.67%), Fat: 18.77g (28.88%), Saturated Fat: 9.44g (59%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 8.29g (3.02%), Sugar: 0.79g (0.88%), Cholesterol: 66.43mg (22.14%), Sodium: 474.03mg (20.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.63g (33.27%), Phosphorus: 452.25mg (45.23%), Manganese: 0.77mg (38.48%), Vitamin B12: 1.72µg (28.7%), Vitamin K: 25.85µg (24.62%), Selenium: 15.9µg (22.72%), Vitamin E: 2.39mg (15.93%), Magnesium: 53.29mg (13.32%), Vitamin A: 586.84IU (11.74%), Potassium: 390.58mg (11.16%), Zinc: 1.41mg (9.41%), Fiber: 2.25g (9%), Copper: 0.15mg (7.48%), Folate: 28.35µg (7.09%), Vitamin B2: 0.11mg (6.73%), Vitamin B3: 1.16mg (5.8%), Vitamin B6: 0.12mg (5.78%), Vitamin C: 4.47mg (5.42%), Iron: 0.96mg (5.33%), Calcium: 46.31mg (4.63%), Vitamin B5: 0.34mg (3.37%), Vitamin B1: 0.03mg (1.99%), Vitamin D: 0.26µg (1.75%)