



WHATSheATE



Pan-Seared Scallops with Ginger-Orange Spinach



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.1 teaspoon pepper black



0.3 cup vermouth dry



4 garlic cloves minced



1 tablespoon julienne-cut ginger fresh peeled



1 tablespoon green onions sliced



1 teaspoon butter



0.3 cup orange juice fresh

- ☐ 1 teaspoon orange rind grated
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds sea scallops
- ☐ 1.5 pounds pkt spinach fresh chopped
- ☐ 0.5 cup vodka

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a bowl.
- ☐ Place scallops in a shallow dish.
- ☐ Add vodka, vermouth, and half of ginger mixture; toss gently. Cover and marinate in refrigerator 30 minutes.
- ☐ Melt margarine in a large skillet over high heat.
- ☐ Add remaining ginger mixture, and saut 30 seconds.
- ☐ Add orange rind and juice, and bring to a boil. Stir in spinach, salt, and pepper; cook 2 minutes or until spinach wilts.
- ☐ Remove from skillet, and keep warm.
- ☐ Remove scallops from marinade, reserving marinade.
- ☐ Place skillet coated with cooking spray over high heat until hot.
- ☐ Add scallops; cook 1 1/2 minutes on each side or until golden brown.
- ☐ Remove from skillet; keep warm.
- ☐ Add reserved marinade to skillet. Bring to a boil; cook until sauce is reduced to 1/4 cup (about 5 minutes).
- ☐ Arrange scallops over spinach mixture; drizzle with sauce.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:2.23, Inflammation Score:-10, Nutrition Score:37.585651895274%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 10.88mg, Kaempferol: 10.88mg, Kaempferol: 10.88mg, Kaempferol: 10.88mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

Nutrients (% of daily need)

Calories: 263.07kcal (13.15%), Fat: 2.58g (3.97%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 11.9g (4.33%), Sugar: 2.55g (2.83%), Cholesterol: 40.82mg (13.61%), Sodium: 1105.14mg (48.05%), Alcohol: 11.44g (100%), Alcohol %: 3.5% (100%), Protein: 25.81g (51.62%), Vitamin K: 824.85µg (785.57%), Vitamin A: 16058.82IU (321.18%), Folate: 364.82µg (91.2%), Manganese: 1.62mg (81.14%), Vitamin C: 60.12mg (72.87%), Phosphorus: 662.72mg (66.27%), Magnesium: 176.14mg (44.03%), Vitamin B12: 2.4µg (39.99%), Potassium: 1365.38mg (39.01%), Selenium: 23.95µg (34.21%), Iron: 5.4mg (29.98%), Vitamin B6: 0.51mg (25.31%), Vitamin E: 3.52mg (23.45%), Vitamin B2: 0.36mg (21.26%), Calcium: 189.3mg (18.93%), Zinc: 2.51mg (16.73%), Fiber: 3.99g (15.96%), Copper: 0.29mg (14.4%), Vitamin B3: 2.56mg (12.79%), Vitamin B1: 0.17mg (11.52%), Vitamin B5: 0.54mg (5.42%)