



WHATSheATE



Pan-Seared Scallops with Lemon Sauce



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter divided ()
- ☐ 1.5 cups cooking wine dry white
- ☐ 2 garlic cloves crushed peeled
- ☐ 1 teaspoon ground turmeric
- ☐ 2 cups heavy whipping cream
- ☐ 1 optional: lemon
- ☐ 2 tablespoons olive oil divided
- ☐ 3 pounds scallops

☐ 0.3 cup shallots sliced

Equipment

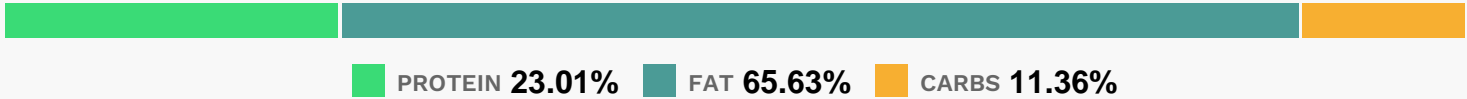
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ peeler

Directions

- ☐ Using vegetable peeler, remove peel (yellow part only) from lemon in long strips. Squeeze 1 1/2 tablespoons juice from lemon.
- ☐ Combine wine, shallots, garlic, and lemon peel in heavy small saucepan. Boil until mixture is reduced to 1/2 cup, about 15 minutes.
- ☐ Add cream and turmeric and boil until mixture thickens and is reduced to 1 1/4 cups, about 13 minutes.
- ☐ Pour mixture through fine strainer; discard solids in strainer. Return sauce to pan.
- ☐ Whisk in 1 1/2 tablespoons lemon juice. Season to taste with salt and pepper. DO AHEAD
Sauce can be made 1 day ahead. Cover and refrigerate. Before serving, bring to simmer over medium heat, whisking occasionally.
- ☐ Preheat oven to 400°F. Pat scallops dry with paper towels.
- ☐ Sprinkle scallops with salt and pepper. Melt 1 tablespoon butter with 1 tablespoon oil in heavy large skillet over high heat. Working in batches, add scallops to skillet and sear until browned and almost opaque in center, adding remaining 1 tablespoon butter and 1 tablespoon oil to skillet as needed, about 1 minute per side.
- ☐ Transfer scallops to rimmed baking sheet. DO AHEAD Can be made 20 minutes ahead.
- ☐ Let stand at room temperature.

- ☐ Bake scallops until just opaque in center and heated through, about 3 minutes. Divide sauce among plates. Arrange scallops atop sauce and serve.
- ☐ Go ahead, splurge. The William Fevre "Fourchaume" 2004 Chablis Premier Cru (\$28, France) — creamy and rich, with lemon and grapefruit flavors — would be divine.

Nutrition Facts



Properties

Glycemic Index:25.92, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:16.991304262825%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.26mg, Hesperetin: 5.26mg, Hesperetin: 5.26mg, Hesperetin: 5.26mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 565.12kcal (28.26%), Fat: 38.3g (58.93%), Saturated Fat: 21.6g (135%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 14g (5.09%), Sugar: 4.14g (4.6%), Cholesterol: 154.11mg (51.37%), Sodium: 945.4mg (41.1%), Alcohol: 6.18g (100%), Alcohol %: 1.94% (100%), Protein: 30.22g (60.44%), Phosphorus: 826.65mg (82.67%), Vitamin B12: 3.33µg (55.54%), Selenium: 31.86µg (45.52%), Vitamin A: 1294.07IU (25.88%), Potassium: 654.26mg (18.69%), Magnesium: 65.95mg (16.49%), Zinc: 2.41mg (16.05%), Vitamin B6: 0.29mg (14.51%), Vitamin C: 11.2mg (13.58%), Vitamin B2: 0.2mg (11.84%), Folate: 45.69µg (11.42%), Vitamin E: 1.55mg (10.35%), Manganese: 0.19mg (9.33%), Vitamin B3: 1.77mg (8.87%), Vitamin D: 1.27µg (8.46%), Iron: 1.51mg (8.4%), Calcium: 83.28mg (8.33%), Vitamin B5: 0.79mg (7.91%), Vitamin K: 6.06µg (5.77%), Copper: 0.08mg (4.18%), Fiber: 0.91g (3.64%), Vitamin B1: 0.05mg (3.37%)