



Pan Seared Scallops with Saffron-Tomato Sauce



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings arugula for garnish, optional
- ☐ 1 teaspoon pepper black plus more to taste
- ☐ 2 clove garlic cloves peeled roughly chopped
- ☐ 4 tablespoon olive oil
- ☐ 1 pinch saffron threads
- ☐ 1.5 teaspoon salt plus more to taste
- ☐ 2 pound sea scallops fresh

☐ 3 medium tomatoes whole

Equipment

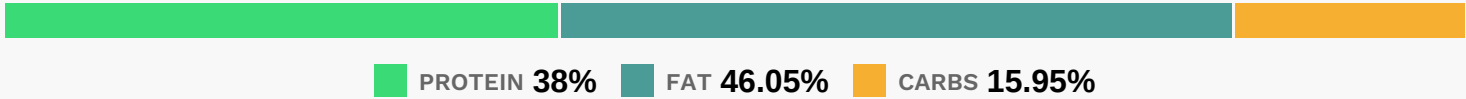
☐ sauce pan

☐ blender

Directions

- ☐ Place the tomatoes, peppers, garlic, olive oil and chicken stock into a blender. Puree until all ingredients are combined.
- ☐ Add saffron, salt and pepper to tomato mixture. Blend to combine.
- ☐ Pour tomato mixture into saucepan and heat to simmer.
- ☐ Remove from heat and set aside. Cover bottom of saucepan with 2 tbsp. olive oil.
- ☐ Place two tablespoons of sauce in the center of a plate, set 3–5 scallops on top.
- ☐ Garnish with a small amount of arugula

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:1.22, Inflammation Score:-7, Nutrition Score:17.346086989278%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 302.88kcal (15.14%), Fat: 15.39g (23.67%), Saturated Fat: 2.27g (14.16%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 10.56g (3.84%), Sugar: 2.65g (2.94%), Cholesterol: 54.43mg (18.14%), Sodium: 1769.06mg (76.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.57g (57.14%), Phosphorus: 787.96mg (78.8%), Vitamin B12: 3.2µg (53.3%), Selenium: 29.3µg (41.86%), Vitamin K: 27.46µg (26.15%), Potassium: 733.66mg (20.96%), Vitamin A: 1015.48IU (20.31%), Vitamin C: 14.62mg (17.72%), Vitamin E: 2.56mg (17.09%), Magnesium: 66.03mg (16.51%), Zinc:

2.29mg (15.29%), Folate: 59.97µg (14.99%), Manganese: 0.27mg (13.52%), Vitamin B6: 0.27mg (13.34%), Vitamin B3: 2.19mg (10.95%), Iron: 1.42mg (7.88%), Copper: 0.13mg (6.3%), Vitamin B5: 0.63mg (6.29%), Fiber: 1.43g (5.7%), Calcium: 44.46mg (4.45%), Vitamin B1: 0.06mg (3.86%), Vitamin B2: 0.06mg (3.69%)