



Pan-Seared Scallops with Spinach-Mushroom Sauté



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce baby spinach
- ☐ 0.3 cup vermouth dry
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon salt and pepper
- ☐ 1.5 pounds sea scallops dry rinsed

- ☐ 2 cups mushroom caps sliced
- ☐ 1 teaspoon oregano and thyme dried

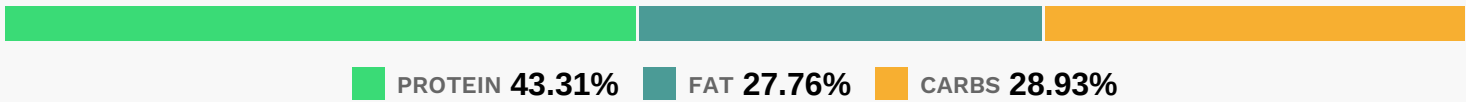
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Season sea scallops with salt and pepper; add to pan. Sear for 1 minute per side or until golden brown.
- ☐ Remove scallops; set aside. Using same pan over medium heat, carefully add 2 teaspoons olive oil and minced garlic; cook for 1 minute.
- ☐ Add sliced shiitake mushrooms, and cook for 1-2 minutes or until mushrooms soften and release their juices.
- ☐ Add oregano and thyme, and cook 1 minute more or until fragrant.
- ☐ Add spinach and vermouth, and cook for 30 seconds or until spinach just begins to wilt; return scallops to pan, and cook 3 minutes more.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:2.04, Inflammation Score:-10, Nutrition Score:32.358695724736%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 235.45kcal (11.77%), Fat: 7.18g (11.05%), Saturated Fat: 1.02g (6.41%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 12.35g (4.49%), Sugar: 3g (3.34%), Cholesterol: 40.82mg (13.61%), Sodium: 1024.04mg (44.52%), Alcohol: 1.42g (100%), Alcohol %: 0.48% (100%), Protein: 25.21g (50.41%), Vitamin K: 345.66µg (329.2%), Vitamin A:

6674.83IU (133.5%), Phosphorus: 732.24mg (73.22%), Manganese: 0.96mg (47.95%), Folate: 179.67µg (44.92%), Selenium: 29.14µg (41.62%), Vitamin B12: 2.4µg (39.97%), Potassium: 1096.87mg (31.34%), Vitamin B6: 0.61mg (30.69%), Vitamin B3: 6.11mg (30.55%), Magnesium: 117.19mg (29.3%), Vitamin C: 21.18mg (25.68%), Vitamin B2: 0.41mg (24.04%), Vitamin B5: 2.12mg (21.18%), Zinc: 3.11mg (20.76%), Fiber: 4.49g (17.94%), Iron: 3.18mg (17.65%), Copper: 0.3mg (14.96%), Vitamin E: 2.23mg (14.88%), Calcium: 87.61mg (8.76%), Vitamin B1: 0.09mg (5.83%), Vitamin D: 0.45µg (3.01%)