



Pan-Seared Scallops with Walnuts and Spiced Carrots

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings spiced carrots
- 1 tablespoon chives minced
- 1 tablespoon dijon mustard
- 1 garlic clove minced
- 1 tablespoon honey
- 1 tablespoon olive oil
- 0.5 cup orange juice fresh

- 1 teaspoon orange rind grated
- 1.5 pounds sea scallops
- 1 tablespoon shallots minced
- 1 tablespoon sugar
- 2 tablespoons walnuts toasted coarsely chopped

Equipment

- bowl
- frying pan
- wax paper

Directions

- Combine first 7 ingredients in a small bowl.
- Combine half of orange juice mixture and scallops in a large bowl, stirring to coat; set aside. Set aside remaining orange juice mixture.
- Place sugar in a large nonstick skillet over medium heat, and cook until sugar dissolves (do not stir).
- Add walnuts, stirring until coated, and remove from heat.
- Spread walnuts in a single layer on wax paper, and let stand at room temperature until dry.
- Drain scallops, and discard marinade. Press minced chives onto one side of marinated scallops.
- Wash skillet and dry.
- Place skillet coated with cooking spray over medium-high heat until hot.
- Place scallops, chive sides down, in skillet; cook 2 minutes on each side.
- Remove scallops from pan, and set aside.
- Add remaining orange juice mixture to pan. Bring to a boil, and cook 2 minutes. Return scallops to pan. Divide scallops and sauce evenly among 4 plates.
- Sprinkle each serving with walnuts.
- Serve with Spiced Carrots.

Nutrition Facts

PROTEIN 34.95% FAT 27.94% CARBS 37.11%

Properties

Glycemic Index:94.55, Glycemic Load:8.29, Inflammation Score:-10, Nutrition Score:18.701304311338%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 254.62kcal (12.73%), Fat: 7.96g (12.24%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 23.79g (7.93%), Net Carbohydrates: 21.26g (7.73%), Sugar: 13.34g (14.83%), Cholesterol: 40.82mg (13.61%), Sodium: 753.38mg (32.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.81%), Vitamin A: 10797.52IU (215.95%), Phosphorus: 620.54mg (62.05%), Vitamin B12: 2.4µg (39.97%), Selenium: 23.6µg (33.71%), Vitamin C: 20.93mg (25.37%), Potassium: 660.64mg (18.88%), Manganese: 0.34mg (16.9%), Magnesium: 59.45mg (14.86%), Folate: 55.75µg (13.94%), Vitamin B6: 0.28mg (13.77%), Zinc: 1.93mg (12.88%), Vitamin K: 12.41µg (11.82%), Vitamin B3: 2.05mg (10.26%), Fiber: 2.53g (10.11%), Copper: 0.17mg (8.6%), Vitamin B1: 0.11mg (7.36%), Iron: 1.21mg (6.71%), Vitamin E: 0.99mg (6.61%), Vitamin B5: 0.66mg (6.59%), Vitamin B2: 0.09mg (5.12%), Calcium: 46.16mg (4.62%)