



Pistachio-Crusted Scallops

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1 teaspoon grapeseed oil
- ☐ 2 servings kosher salt
- ☐ 2 tablespoons pistachios raw unsalted shelled
- ☐ 8 large scallops (side muscle removed)

☐ 2 tablespoon butter unsalted

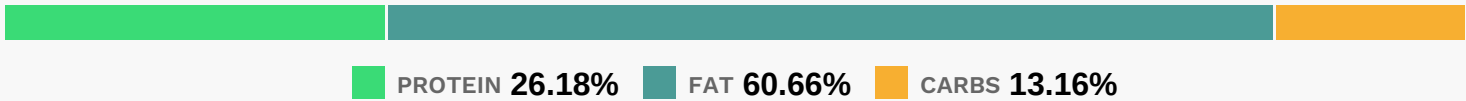
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt 1 tablespoon unsalted butter in a small skillet over medium heat.
- ☐ Add 2 tablespoons unsalted, shelled raw natural pistachios and cook, stirring often, until nuts are deeply toasted, about 2 minutes.
- ☐ Let cool. Chop pistachios.
- ☐ Place in a small bowl; toss with 1 tablespoon chopped fresh chives, 1 tablespoon chopped fresh tarragon, and 1 tablespoon chopped fresh thyme. Season 8 large sea scallops (side muscle removed) with kosher salt and freshly ground black pepper.
- ☐ Heat 1 tablespoon unsalted butter and 1 teaspoon grapeseed oil in a large nonstick skillet over high heat.
- ☐ Add scallops; sear until crusty brown, about 2 minutes per side.
- ☐ Roll scallops in pistachio mixture.

Nutrition Facts



Properties

Glycemic Index:132, Glycemic Load:1.47, Inflammation Score:-10, Nutrition Score:12.121304361717%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

Kaempferol: 0.15mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 257.57kcal (12.88%), Fat: 17.67g (27.19%), Saturated Fat: 8.04g (50.25%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 7.05g (2.56%), Sugar: 0.61g (0.68%), Cholesterol: 58.9mg (19.63%), Sodium: 668.35mg (29.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.32%), Phosphorus: 456.6mg (45.66%), Vitamin B12: 1.72µg (28.6%), Manganese: 0.47mg (23.44%), Selenium: 16.2µg (23.14%), Vitamin B6: 0.31mg (15.72%), Vitamin A: 763.71IU (15.27%), Iron: 2.53mg (14.05%), Magnesium: 54.31mg (13.58%), Potassium: 459.06mg (13.12%), Vitamin C: 8.65mg (10.48%), Zinc: 1.48mg (9.86%), Folate: 36.2µg (9.05%), Copper: 0.17mg (8.71%), Calcium: 74.42mg (7.44%), Vitamin E: 1.08mg (7.18%), Vitamin B3: 1.33mg (6.67%), Fiber: 1.58g (6.34%), Vitamin B2: 0.1mg (5.88%), Vitamin B1: 0.09mg (5.74%), Vitamin K: 4.34µg (4.13%), Vitamin B5: 0.33mg (3.33%), Vitamin D: 0.21µg (1.4%)