



Poached Scallops with Dried-Tomato Orzo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 oz tomatoes dried finely chopped
- 2 cups fat-skimmed chicken broth
- 1.5 teaspoons thyme leaves dried fresh
- 4 servings fresh-ground pepper
- 1.5 teaspoons honey
- 1 tablespoon olive oil
- 0.5 pound orzo pasta dried
- 1 pound scallops rinsed drained ()

1.5 teaspoons citrus champagne vinegar

Equipment

bowl

frying pan

slotted spoon

Directions

In a 10- to 12-inch nonstick frying pan over high heat, bring broth and 2 cups water to a boil.

Add scallops and simmer just until opaque but still moist-looking in center of thickest part (cut to test), about 5 minutes. With a slotted spoon, transfer scallops to a bowl; keep warm.

Add tomatoes and orzo to pan. Stir often over high heat until most of the liquid is absorbed and orzo is tender to bite, 10 to 12 minutes.

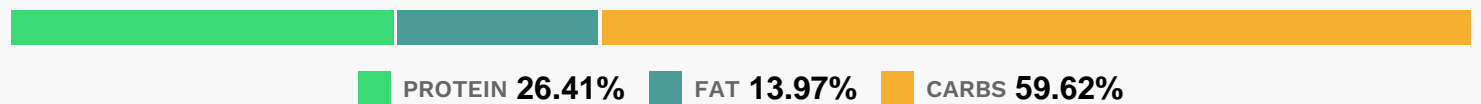
Meanwhile, mix oil, honey, vinegar, and thyme.

Return scallops (and any juice) to pan and stir gently just until hot, 1 to 2 minutes.

Spoon orzo and scallops onto plates.

Drizzle scallops equally with honey mixture. Season with pepper to taste.

Nutrition Facts



Properties

Glycemic Index:50.32, Glycemic Load:18.5, Inflammation Score:-7, Nutrition Score:14.048695792323%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg

Nutrients (% of daily need)

Calories: 339.52kcal (16.98%), Fat: 5.19g (7.99%), Saturated Fat: 0.8g (5%), Carbohydrates: 49.84g (16.61%), Net Carbohydrates: 47.6g (17.31%), Sugar: 4.73g (5.25%), Cholesterol: 27.22mg (9.07%), Sodium: 915.08mg (39.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.08g (44.15%), Selenium: 53µg (75.72%), Phosphorus: 508.01mg (50.8%), Manganese: 0.62mg (31.2%), Vitamin B12: 1.83µg (30.43%), Magnesium: 62.21mg (15.55%),

Potassium: 482.02mg (13.77%), Vitamin B3: 2.63mg (13.13%), Zinc: 1.92mg (12.81%), Copper: 0.25mg (12.58%), Iron: 1.72mg (9.56%), Vitamin B6: 0.19mg (9.53%), Fiber: 2.24g (8.96%), Folate: 31.5µg (7.87%), Vitamin B5: 0.68mg (6.8%), Vitamin B2: 0.09mg (5.36%), Vitamin B1: 0.08mg (5.32%), Vitamin E: 0.57mg (3.78%), Vitamin K: 3.34µg (3.18%), Calcium: 29.63mg (2.96%), Vitamin C: 2.15mg (2.61%), Vitamin A: 60.23IU (1.2%)