



Poached Scallops with Leeks and Carrots

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 carrots cut into 4-inch sticks
- 0.5 cup cooking wine dry white
- 1 cup flat-leaf parsley fresh finely chopped
- 1 clove garlic finely chopped
- 4 servings kosher salt and pepper black
- 2 leeks light white green thinly sliced lengthwise (and parts)
- 2 tablespoons olive oil
- 2 tablespoons pinenuts finely chopped

1.5 pounds sea scallops

Equipment

food processor

bowl

frying pan

Directions

Heat 1 tablespoon of the oil in a large skillet over medium-high heat.

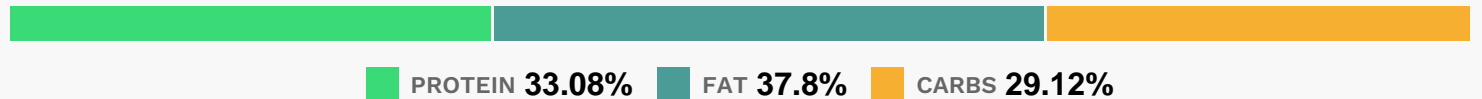
Add the carrots and leeks and cook, stirring, for 2 minutes.

Add the wine and 1/2 cup water and bring to a boil. Season the scallops with 1/2 teaspoon salt and 1/4 teaspoon pepper and place on top of the vegetables. Reduce heat to medium and cook, covered, until the scallops are opaque throughout, about 8 minutes.

Transfer the scallops to a plate. In a small bowl, combine the parsley, garlic, pine nuts, and the remaining tablespoon of oil. Stir into the vegetables and broth and serve with the scallops.

Shortcut: Instead of chopping the parsley, garlic, and pine nuts by hand, you can pulse them in a food processor with 1 tablespoon of the olive oil.

Nutrition Facts



Properties

Glycemic Index:38.96, Glycemic Load:4.03, Inflammation Score:-10, Nutrition Score:26.516521806302%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 296.17kcal (14.81%), Fat: 11.66g (17.93%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 20.2g (6.73%), Net Carbohydrates: 17g (6.18%), Sugar: 5.23g (5.81%), Cholesterol: 40.82mg (13.61%), Sodium: 921.83mg (40.08%), Alcohol: 3.09g (100%), Alcohol %: 1.17% (100%), Protein: 22.95g (45.9%), Vitamin K: 282.01µg (268.58%), Vitamin A: 12202.7IU (244.05%), Phosphorus: 649.05mg (64.9%), Manganese: 0.84mg (42.12%), Vitamin B12: 2.4µg (39.97%), Vitamin C: 29.16mg (35.35%), Selenium: 22.47µg (32.09%), Folate: 92.11µg (23.03%), Potassium: 761.37mg (21.75%), Magnesium: 80.44mg (20.11%), Vitamin B6: 0.35mg (17.73%), Iron: 3.11mg (17.25%), Vitamin E: 2.4mg (16%), Zinc: 2.28mg (15.17%), Fiber: 3.2g (12.82%), Vitamin B3: 2.43mg (12.14%), Copper: 0.21mg (10.6%), Calcium: 82.34mg (8.23%), Vitamin B1: 0.11mg (7.53%), Vitamin B5: 0.69mg (6.88%), Vitamin B2: 0.11mg (6.21%)