



Portuguese-Style Scallops

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 cups rice long-grain hot cooked
- 0.3 cup parsley fresh divided chopped
- 5 garlic cloves minced
- 2 tablespoons juice of lemon fresh
- 1 tablespoon olive oil divided
- 0.3 cup tawny port sweet
- 0.5 teaspoon salt

1.5 pounds sea scallops

Equipment

frying pan

Directions

Sprinkle scallops with salt and pepper.

Heat 1 1/2 teaspoons oil in a 10-inch cast-iron or heavy skillet over high heat until very hot (about 3 minutes).

Add half of scallops; cook 2 minutes on each side or until browned.

Remove scallops from pan; keep warm. Repeat procedure with 1 1/2 teaspoons oil and remaining scallops.

Remove scallops from pan.

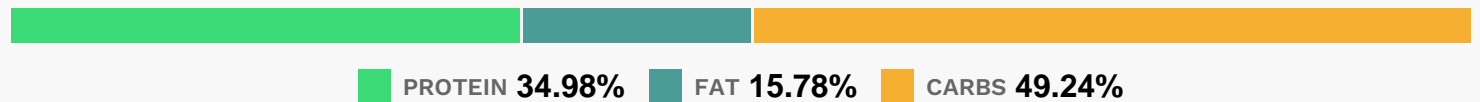
Stir in port and lemon juice, scraping pan to loosen browned bits.

Add scallops, 3 tablespoons parsley, and garlic; saute 30 seconds over high heat.

Serve scallops over rice.

Sprinkle with 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:24.31, Inflammation Score:-6, Nutrition Score:15.218260848004%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg

Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 291.91kcal (14.6%), Fat: 4.63g (7.12%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 31.91g (11.6%), Sugar: 1.85g (2.06%), Cholesterol: 40.82mg (13.61%), Sodium: 962.96mg (41.87%), Alcohol: 3.06g (100%), Alcohol %: 1.34% (100%), Protein: 23.07g (46.14%), Phosphorus: 612.6mg (61.26%), Vitamin K: 63.88µg (60.83%), Selenium: 28.35µg (40.5%), Vitamin B12: 2.4µg (39.97%), Manganese: 0.51mg (25.59%), Zinc: 2.04mg (13.59%), Magnesium: 52.19mg (13.05%), Potassium: 440.04mg (12.57%), Vitamin B6: 0.25mg (12.57%), Vitamin C: 9.06mg (10.98%), Folate: 36.92µg (9.23%), Vitamin B3: 1.64mg (8.19%), Vitamin B5: 0.73mg (7.29%), Iron: 1.19mg (6.6%), Vitamin A: 322.47IU (6.45%), Copper: 0.12mg (6.13%), Vitamin E: 0.58mg (3.86%), Calcium: 32.89mg (3.29%), Vitamin B1: 0.04mg (2.93%), Vitamin B2: 0.05mg (2.85%), Fiber: 0.57g (2.29%)