



Sautéed Scallops with White Wine Reduction

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon dijon mustard
- 0.3 cup cooking wine dry white
- 2 tablespoons parsley fresh chopped
- 1 garlic clove minced
- 2 tablespoons butter light
- 2 teaspoons olive oil
- 2 tablespoons onion fresh minced

- 0.5 teaspoon oregano dried
- 0.5 teaspoon salt
- 1 pound sea scallops
- 3 tablespoons water

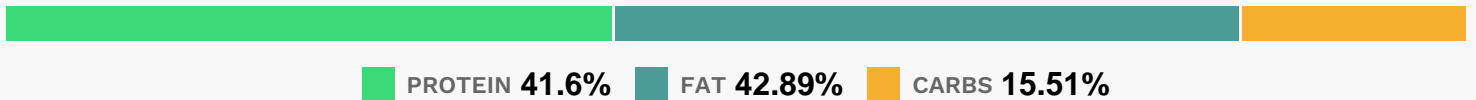
Equipment

- frying pan

Directions

- Combine first 6 ingredients; set aside.
- Sprinkle scallops with salt and pepper.
- Heat oil in a large nonstick skillet over medium-high heat until hot.
- Add scallops; cook 2 minutes on each side or until done.
- Remove scallops from pan; keep warm.
- Pour wine mixture into pan; cook over medium-high heat, scraping pan to loosen browned bits. Bring to a boil, and cook 1 minute or until reduced to 1/3 cup.
- Remove from heat; stir in butter. Spoon sauce over scallops; sprinkle scallops with parsley.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:8.5152173133%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg

0.31mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 152.83kcal (7.64%), Fat: 6.49g (9.99%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 4.93g (1.79%), Sugar: 0.46g (0.51%), Cholesterol: 34.64mg (11.55%), Sodium: 754.61mg (32.81%), Alcohol: 2.06g (100%), Alcohol %: 1.59% (100%), Protein: 14.17g (28.34%), Phosphorus: 390.4mg (39.04%), Vitamin K: 36.23µg (34.51%), Vitamin B12: 1.61µg (26.8%), Selenium: 15.18µg (21.69%), Potassium: 279.79mg (7.99%), Magnesium: 30.59mg (7.65%), Zinc: 1.13mg (7.54%), Vitamin A: 296.73IU (5.93%), Folate: 23.13µg (5.78%), Vitamin B6: 0.11mg (5.72%), Manganese: 0.1mg (4.96%), Iron: 0.85mg (4.7%), Vitamin B3: 0.88mg (4.39%), Vitamin C: 3.27mg (3.97%), Vitamin E: 0.47mg (3.11%), Vitamin B5: 0.28mg (2.79%), Calcium: 23.1mg (2.31%), Copper: 0.04mg (2.01%), Vitamin B2: 0.03mg (1.85%), Fiber: 0.36g (1.43%), Vitamin B1: 0.02mg (1.21%)