



 **73%**  
HEALTH SCORE

## Sauteed Scallops with Wild Mushrooms and Frisee



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 tablespoons balsamic vinegar
- 4 servings olive oil extra virgin for garnish
- 3 heads frisée dry washed and spun
- 0.5 pound mushrooms mixed sliced
- 12 large sea scallops
- 4 shallots thinly sliced
- 4 tablespoons virgin olive oil

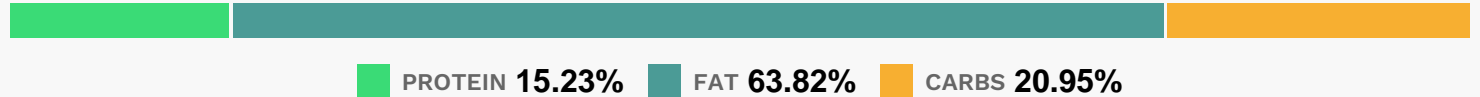
# Equipment

frying pan

# Directions

- Season scallops with pepper only and set aside.
- In a 10 to 12-inch non-stick pan, heat 2 tablespoons olive oil until smoking.
- Place scallops in and do not move them. Allow them to cook until crisp and golden brown, unmoved for 5 to 6 minutes. In a 12 to 14-inch saute pan, heat remaining oil until smoking over high heat.
- Add shallots and saute until softened, about 3 to 4 minutes.
- Add mushrooms and toss 3 to 4 minutes until softened.
- Add vinegar and then frisee. Toss quickly, season with salt and pepper and divide among 4 plates. Without turning the scallops, remove and arrange 3 on each salad.
- Drizzle with great oil and serve.

# Nutrition Facts



# Properties

Glycemic Index:28, Glycemic Load:3.16, Inflammation Score:-10, Nutrition Score:33.516956484836%

# Flavonoids

Apigenin: 1.33mg, Apigenin: 1.33mg, Apigenin: 1.33mg, Apigenin: 1.33mg Luteolin: 3.56mg, Luteolin: 3.56mg, Luteolin: 3.56mg, Luteolin: 3.56mg Kaempferol: 4.15mg, Kaempferol: 4.15mg, Kaempferol: 4.15mg, Kaempferol: 4.15mg Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg

# Nutrients (% of daily need)

Calories: 399.96kcal (20%), Fat: 29.25g (45%), Saturated Fat: 4.11g (25.67%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 12.61g (4.58%), Sugar: 6.9g (7.66%), Cholesterol: 21.6mg (7.2%), Sodium: 441.42mg (19.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.71g (31.42%), Vitamin K: 521.49µg (496.66%), Vitamin A: 9694.02IU (193.88%), Folate: 216.72µg (54.18%), Vitamin E: 7.87mg (52.48%), Vitamin C: 42.68mg (51.73%), Manganese: 0.97mg (48.34%), Phosphorus: 461.81mg (46.18%), Fiber: 9g (35.99%), Potassium: 1170.47mg (33.44%), Copper: 0.63mg (31.37%), Vitamin B5: 3.08mg (30.81%), Vitamin B6: 0.5mg (24.8%), Magnesium: 89.16mg

(22.29%), Selenium: 15.56µg (22.23%), Vitamin B12: 1.27µg (21.15%), Calcium: 189.88mg (18.99%), Vitamin B3: 3.73mg (18.64%), Vitamin B2: 0.31mg (18.3%), Zinc: 2.23mg (14.85%), Iron: 2.67mg (14.84%), Vitamin B1: 0.13mg (8.77%), Vitamin D: 0.23µg (1.51%)