



Scallop and Tomato Sauté

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons bottled garlic minced
- ☐ 28 ounce canned tomatoes whole undrained canned
- ☐ 1 teaspoon capers
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup parsley fresh chopped

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons preshredded parmesan cheese fresh
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds sea scallops

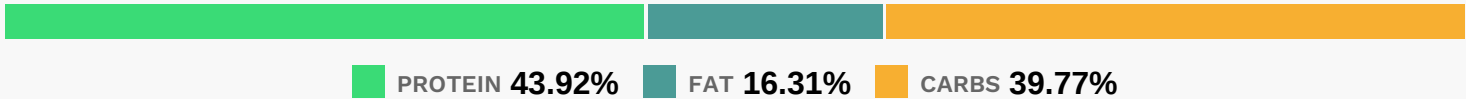
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add scallops to pan, and cook 2 minutes on each side.
- ☐ Remove scallops from pan; keep warm.
- ☐ Add garlic to pan; cook 1 minute or until lightly browned.
- ☐ Drain and discard 1/2 cup liquid from tomatoes.
- ☐ Add tomatoes and remaining liquid to pan, crushing tomatoes slightly with a spoon; cook 2 minutes.
- ☐ Add wine and next 7 ingredients (through black pepper); bring to a boil. Reduce heat, and simmer 4 minutes.
- ☐ Add scallops to pan; cook 1 minute or until thoroughly heated.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:4.8, Inflammation Score:-8, Nutrition Score:23.939130496072%

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 Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 235.48kcal (11.77%), Fat: 4.14g (6.36%), Saturated Fat: 1g (6.26%), Carbohydrates: 22.7g (7.57%), Net Carbohydrates: 18.57g (6.75%), Sugar: 9.69g (10.77%), Cholesterol: 42.52mg (14.17%), Sodium: 1137.3mg (49.45%), Alcohol: 2.06g (100%), Alcohol %: 0.64% (100%), Protein: 25.07g (50.14%), Vitamin K: 94.48µg (89.98%), Phosphorus: 661.26mg (66.13%), Vitamin B12: 2.43µg (40.47%), Selenium: 23.97µg (34.25%), Vitamin C: 26.68mg (32.34%), Potassium: 998.21mg (28.52%), Manganese: 0.49mg (24.61%), Vitamin B6: 0.48mg (23.82%), Copper: 0.43mg (21.32%), Magnesium: 84.72mg (21.18%), Iron: 3.76mg (20.89%), Vitamin E: 2.92mg (19.46%), Vitamin A: 948.36IU (18.97%), Vitamin B3: 3.77mg (18.84%), Fiber: 4.13g (16.52%), Folate: 61.77µg (15.44%), Zinc: 2.28mg (15.18%), Calcium: 123.42mg (12.34%), Vitamin B1: 0.17mg (11.56%), Vitamin B5: 0.98mg (9.8%), Vitamin B2: 0.15mg (8.9%)