



Scallop-Topped Potato and Celery-Root Puree with Lemon Brown-Butter Sauce

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds baking potatoes peeled cut into 2-inch chunks (3)
- 8 tablespoons butter at room temperature
- 1 tablespoon capers drained
- 1 pound celery root peeled cut into 2-inch chunks
- 1 tablespoon cooking oil
- 3 tablespoons flat-leaf parsley chopped
- 4 servings fresh-ground pepper black

- 1 teaspoon juice of lemon
- 4 servings salt
- 2 pounds sea scallops

Equipment

- frying pan
- sauce pan

Directions

- Put the potatoes and celery root in a medium saucepan of salted water. Bring to a boil, reduce the heat, and cook at a low boil until tender, about 20 minutes.
- Reserve 1/2 cup of the cooking water, and then drain the potatoes and celery root.
- Put them back into the saucepan along with 1/4 teaspoon salt and a pinch of pepper. Mash over very low heat, incorporating the reserved cooking water and 5 tablespoons of the butter.
- In a large nonstick frying pan, heat 1/2 tablespoon of the oil over moderately high heat. Season the scallops with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Add half the scallops to the pan. Cook until browned, about 2 minutes. Turn and cook until browned on the second side and just done, about 1 minute.
- Remove.
- Heat the remaining 1/2 tablespoon oil in the pan and cook the remaining scallops.
- Remove.
- Reduce the heat to moderate.
- Add the remaining 3 tablespoons butter to the pan and cook until golden, about 2 minutes.
- Add the scallops and any accumulated juices, the parsley, capers, lemon juice, and 1/8 teaspoon salt. Mound the puree on plates and top with the scallops and sauce.
- Wine Recommendation: A white wine with full flavor makes a fine partner for scallops; on the other hand, a wine with some acidity is good, too. Try a crisp and minerally Chablis, made entirely from chardonnay, for the best of both.

Nutrition Facts



■ PROTEIN 22.88% ■ FAT 43.33% ■ CARBS 33.79%

Properties

Glycemic Index:58.44, Glycemic Load:27.16, Inflammation Score:-8, Nutrition Score:28.759565270465%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 9.2mg, Apigenin: 9.2mg, Apigenin: 9.2mg, Apigenin: 9.2mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 572.26kcal (28.61%), Fat: 27.84g (42.83%), Saturated Fat: 15.08g (94.28%), Carbohydrates: 48.84g (16.28%), Net Carbohydrates: 44.39g (16.14%), Sugar: 2.95g (3.28%), Cholesterol: 114.63mg (38.21%), Sodium: 1441.87mg (62.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.08g (66.16%), Phosphorus: 990.38mg (99.04%), Vitamin K: 103.87µg (98.92%), Vitamin B12: 3.25µg (54.09%), Vitamin B6: 0.94mg (47.22%), Potassium: 1541.23mg (44.04%), Selenium: 30.82µg (44.03%), Magnesium: 114.67mg (28.67%), Vitamin C: 23.33mg (28.28%), Manganese: 0.5mg (25.23%), Vitamin B3: 4.22mg (21.08%), Zinc: 3mg (19.98%), Vitamin A: 964.33IU (19.29%), Folate: 75.3µg (18.82%), Iron: 3.36mg (18.64%), Fiber: 4.44g (17.78%), Copper: 0.32mg (16.02%), Vitamin B1: 0.22mg (14.45%), Vitamin B5: 1.45mg (14.45%), Vitamin E: 1.73mg (11.54%), Vitamin B2: 0.17mg (10.22%), Calcium: 96.78mg (9.68%)