

Scallops and Asparagus Over White Bean Purée

READY IN



30 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus ends trimmed
- ☐ 1 tablespoon butter
- ☐ 15 oz .5 can cannellini beans canned
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 1 large garlic clove minced
- ☐ 1 teaspoon kosher salt divided
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil divided

- ☐ 4 servings try build-a-meal
- ☐ 1 pound sea scallops dry rinsed

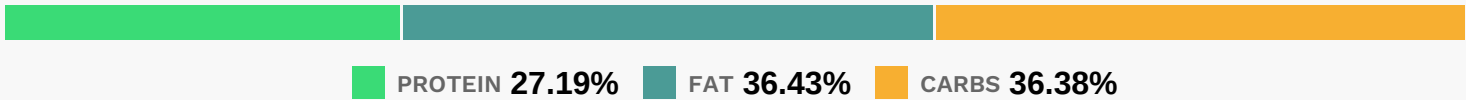
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Simmer beans and their liquid in a small saucepan until warm. Pure in a food processor or blender. Set aside.
- ☐ In a small bowl, whisk together 2 tbsp. oil, the lemon juice, garlic, parsley, and 1/2 tsp. salt, and set aside.
- ☐ Heat remaining 1 tbsp. oil in a large frying pan over high heat.
- ☐ Add scallops and cook, turning once, until starting to brown and slightly firm to the touch, about 2 minutes.
- ☐ Add butter and stir scallops to coat in butter.
- ☐ Remove from pan and sprinkle with 1/2 tsp. salt.
- ☐ Add asparagus to same pan and cook, covered, until tender-crisp, about 6 minutes.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:6.14, Inflammation Score:-8, Nutrition Score:25.148695759151%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 15.91mg, Quercetin: 15.91mg, Quercetin: 15.91mg, Quercetin: 15.91mg

Nutrients (% of daily need)

Calories: 347.59kcal (17.38%), Fat: 14.41g (22.17%), Saturated Fat: 3.53g (22.06%), Carbohydrates: 32.38g (10.79%), Net Carbohydrates: 24.56g (8.93%), Sugar: 2.76g (3.07%), Cholesterol: 34.74mg (11.58%), Sodium: 1057.56mg (45.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.2g (48.41%), Vitamin K: 89.69µg (85.42%), Phosphorus: 544.83mg (54.48%), Manganese: 0.83mg (41.58%), Folate: 151.78µg (37.95%), Iron: 6.31mg (35.06%), Fiber: 7.83g (31.3%), Potassium: 978.22mg (27.95%), Selenium: 19.49µg (27.84%), Vitamin B12: 1.6µg (26.75%), Copper: 0.5mg (25.08%), Vitamin E: 3.76mg (25.07%), Magnesium: 99.47mg (24.87%), Vitamin A: 1117.49IU (22.35%), Zinc: 2.93mg (19.54%), Vitamin B1: 0.28mg (18.75%), Vitamin C: 13.6mg (16.48%), Vitamin B6: 0.29mg (14.3%), Vitamin B2: 0.22mg (13.23%), Calcium: 118.28mg (11.83%), Vitamin B3: 2.12mg (10.62%), Vitamin B5: 0.8mg (7.97%)