



Scallops and Spicy Chorizo

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce chorizo sausage cut sliced quartered
- 0.5 cup bottled clam juice
- 0.3 cup cooking wine dry white
- 0.5 teaspoon garlic minced
- 1 medium leek white washed cut into 2-by-1/4 -inch strips and
- 1 tablespoon olive oil extra-virgin
- 4 servings salt and pepper freshly ground
- 1 pound sea scallops

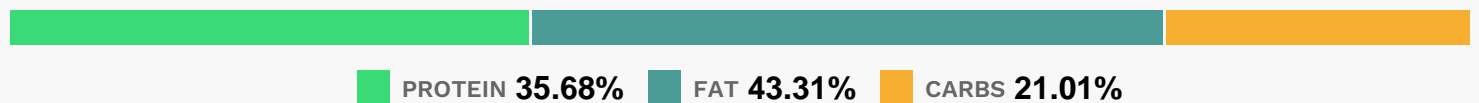
Equipment

- frying pan

Directions

- Heat 1 teaspoon of the oil in a large nonreactive skillet until almost smoking.
- Add the chorizo pieces and cook over high heat, stirring, until browned, about 2 minutes.
- Transfer to a large plate. Wipe out the skillet, add 1 teaspoon of the oil and heat until almost smoking. Season the scallops with salt and pepper and add them to the skillet in a single layer. Cook over high heat, turning once, until golden, about 3 minutes.
- Add the scallops to the chorizo.
- Heat the remaining 1 teaspoon oil in the skillet.
- Add the leek and garlic and saut over moderately high heat until just softened, about 2 minutes.
- Pour in the wine and boil until almost evaporated, scraping the bottom of the pan to loosen any browned bits.
- Pour in the clam juice and boil to reduce by half, about 3 minutes. Return the chorizo and scallops to the skillet and toss over moderate heat until heated through.
- Serve at once.
- Serve With: Crusty bread to soak up the succulent juices.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1, Inflammation Score:-6, Nutrition Score:9.1665217358133%

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 Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg

0.6mg, Kaempferol: 0.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg
Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 222.48kcal (11.12%), Fat: 9.75g (15.01%), Saturated Fat: 4.06g (25.41%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 10.12g (3.68%), Sugar: 2.04g (2.27%), Cholesterol: 57.22mg (19.07%), Sodium: 751.38mg (32.67%), Alcohol: 2.06g (100%), Alcohol %: 1.12% (100%), Protein: 18.08g (36.16%), Phosphorus: 393.96mg (39.4%), Vitamin B12: 1.61µg (26.8%), Selenium: 14.93µg (21.33%), Vitamin C: 11.98mg (14.52%), Vitamin A: 632.69IU (12.65%), Vitamin K: 12.65µg (12.05%), Potassium: 314.62mg (8.99%), Folate: 34.96µg (8.74%), Magnesium: 34.76mg (8.69%), Vitamin B6: 0.17mg (8.37%), Manganese: 0.17mg (8.3%), Iron: 1.49mg (8.26%), Zinc: 1.11mg (7.41%), Vitamin E: 0.74mg (4.94%), Vitamin B3: 0.98mg (4.89%), Calcium: 33.5mg (3.35%), Copper: 0.06mg (3.17%), Vitamin B5: 0.31mg (3.1%), Fiber: 0.53g (2.11%), Vitamin B1: 0.03mg (1.95%), Vitamin B2: 0.03mg (1.8%)