



Scallops au Vermouth



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1.5 cups julienne-cut carrot (3-inch)
- ☐ 1 cup julienne-cut celery (3-inch)
- ☐ 0.8 cup vermouth dry
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 teaspoon hot sauce
- ☐ 1 cup julienne-cut leek (3-inch) (1 large)
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 pound sea scallops
- ☐ 0.5 cup shallots minced
- ☐ 1.5 cups julienne-cut turnips peeled (3-inch)

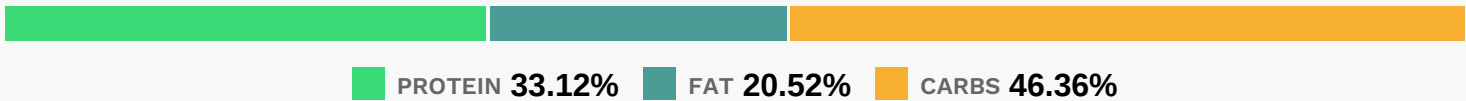
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Steam first 4 ingredients, covered, 14 minutes or until crisp-tender.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shallots; saut 2 minutes or until lightly browned.
- ☐ Add scallops; saut 30 seconds.
- ☐ Add vermouth; cover and cook 3 minutes.
- ☐ Remove scallops from pan with a slotted spoon, reserving vermouth mixture in pan. Divide scallops evenly among 4 plates; top each with 1/2 cup leek mixture.
- ☐ Add salt, hot sauce, and pepper to vermouth mixture in pan; cook 1 minute.
- ☐ Remove from heat; stir in chives and lemon juice. Spoon 3 tablespoons sauce over each serving.

Nutrition Facts



Properties

Glycemic Index:72.71, Glycemic Load:5.4, Inflammation Score:-10, Nutrition Score:18.458260826443%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 218.67kcal (10.93%), Fat: 4.39g (6.75%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 22.31g (7.44%), Net Carbohydrates: 18.25g (6.64%), Sugar: 7.81g (8.67%), Cholesterol: 27.22mg (9.07%), Sodium: 690.65mg (30.03%), Alcohol: 4.28g (100%), Alcohol %: 1.58% (100%), Protein: 15.94g (31.88%), Vitamin A: 8617.54IU (172.35%), Phosphorus: 442.18mg (44.22%), Vitamin K: 32.02µg (30.49%), Vitamin B12: 1.6µg (26.65%), Vitamin C: 21.98mg (26.64%), Selenium: 15.61µg (22.3%), Potassium: 696.17mg (19.89%), Manganese: 0.39mg (19.54%), Vitamin B6: 0.37mg (18.56%), Folate: 71.36µg (17.84%), Fiber: 4.06g (16.25%), Magnesium: 52.69mg (13.17%), Zinc: 1.47mg (9.83%), Iron: 1.66mg (9.25%), Vitamin B3: 1.71mg (8.57%), Copper: 0.16mg (7.81%), Vitamin E: 1.13mg (7.55%), Calcium: 74.39mg (7.44%), Vitamin B5: 0.67mg (6.66%), Vitamin B1: 0.1mg (6.57%), Vitamin B2: 0.09mg (5.31%)