



## Scallops in Buttery Wine Sauce

 Gluten Free  Low Fod Map

READY IN



13 min.

SERVINGS



4

CALORIES



200 kcal

SAUCE

### Ingredients

- 1 tablespoon butter
- 0.5 cup wine dry white
- 1.5 teaspoons fresh tarragon fresh chopped
- 1 tablespoon olive oil
- 0.3 teaspoon salt
- 1.5 pounds sea scallops

### Equipment

- frying pan

paper towels

## Directions

Pat scallops dry with paper towels.

Heat oil in a large nonstick skillet over medium-high heat; add scallops. Cook 3 minutes on each side or until done.

Transfer scallops to a serving platter; keep warm.

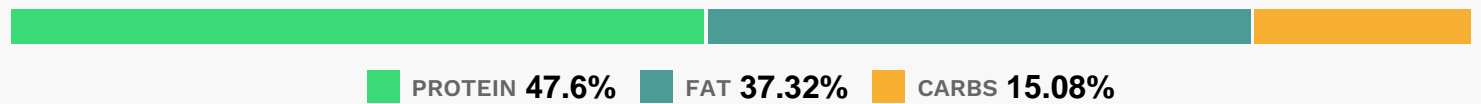
Add white wine, tarragon, and salt to pan, scraping pan to loosen browned bits. Boil 1 minute.

Remove from heat; add butter, stirring until butter melts.

Pour sauce over scallops.

Sprinkle with pepper, if desired; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:33.75, Glycemic Load:0.34, Inflammation Score:0, Nutrition Score:9.4117390344972%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 200.21kcal (10.01%), Fat: 7.23g (11.12%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 6.51g (2.37%), Sugar: 0.29g (0.32%), Cholesterol: 48.35mg (16.12%), Sodium: 836.66mg (36.38%), Alcohol: 3.09g (100%), Alcohol %: 1.88% (100%), Protein: 20.74g (41.47%), Phosphorus: 576.71mg (57.67%), Vitamin B12: 2.4µg (40.07%), Selenium: 21.87µg (31.24%), Potassium: 393.55mg (11.24%), Zinc: 1.62mg (10.78%), Magnesium: 43.1mg (10.77%), Vitamin B6: 0.16mg (7.87%), Folate: 29.68µg (7.42%), Vitamin B3: 1.3mg (6.48%), Manganese: 0.12mg (6.21%), Iron: 0.99mg (5.51%), Vitamin E: 0.59mg (3.9%), Vitamin B5: 0.38mg (3.83%), Vitamin A: 124.07IU (2.48%), Vitamin B2: 0.04mg (2.43%), Vitamin K: 2.47µg (2.35%), Copper: 0.05mg (2.28%), Calcium: 22.41mg (2.24%), Vitamin B1: 0.02mg (1.03%)