



Scallops in Champagne Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 teaspoon tarragon dried
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 1.5 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds sea scallops
- ☐ 1.5 tablespoons shallots chopped
- ☐ 4 ounces shiitake mushroom caps sliced

☐ 0.5 cup sparkling wine

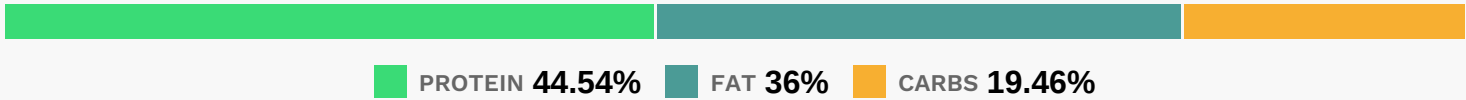
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat. Pat scallops dry with a paper towel.
- ☐ Add scallops to pan; cook 3 minutes on each side or until done.
- ☐ Remove from pan; keep warm.
- ☐ Add mushrooms and shallots to pan; saut 3 minutes or until liquid evaporates and mushrooms darken. Stir in Champagne, mustard, salt, and tarragon, scraping pan to loosen browned bits.
- ☐ Remove from heat; stir in sour cream.
- ☐ Serve with scallops.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:11.523912898872%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 212.78kcal (10.64%), Fat: 7.89g (12.13%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 9.59g (3.2%), Net Carbohydrates: 8.59g (3.12%), Sugar: 1.39g (1.55%), Cholesterol: 45.85mg (15.28%), Sodium: 870.55mg (37.85%), Alcohol: 1.89g (100%), Alcohol %: 0.94% (100%), Protein: 21.95g (43.91%), Phosphorus: 621.2mg (62.12%), Vitamin B12: 2.46µg (40.98%), Selenium: 25.22µg (36.03%), Potassium: 513.32mg (14.67%), Zinc: 1.98mg (13.2%), Magnesium: 50.5mg (12.63%), Vitamin B3: 2.37mg (11.87%), Vitamin B6: 0.23mg (11.73%), Folate: 34.66µg (8.66%), Vitamin B5: 0.81mg (8.13%), Vitamin B2: 0.11mg (6.6%), Manganese: 0.13mg (6.55%), Iron: 1.07mg (5.92%), Vitamin E: 0.81mg (5.43%), Copper: 0.09mg (4.6%), Fiber: 1g (4%), Calcium: 39.01mg (3.9%), Vitamin K: 3.32µg (3.16%), Vitamin B1: 0.03mg (2.1%), Vitamin A: 60.32IU (1.21%)