



Scallops in Grapefruit-Butter Sauce

READY IN



32 min.

SERVINGS



4

CALORIES



716 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings garnish: basil fresh shredded
- 5 tablespoons butter divided softened
- 6 tablespoons cooking wine dry white
- 6 tablespoons grapefruit juice fresh
- 0.5 teaspoon kosher salt
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 16 oz vermicelli
- 1.5 lb sea scallops

Equipment

- frying pan
- paper towels
- sauce pan
- aluminum foil

Directions

- Cook vermicelli according to package directions; drain, toss with 2 Tbsp. butter, and keep warm.
- Rinse scallops, and pat dry with paper towels; sprinkle with kosher salt and pepper.
- Melt 1 Tbsp. butter with 1 1/2 tsp. olive oil in a large skillet over medium-high heat; add 6 scallops, and cook 2 to 3 minutes on each side or until golden.
- Remove from skillet, cover loosely with aluminum foil, and keep warm. Repeat procedure with 1 Tbsp. butter and remaining 1 1/2 tsp. oil and 6 scallops.
- Combine grapefruit juice and wine in a small saucepan; cook over medium-high heat 10 minutes or until mixture is reduced by half.
- Remove from heat; stir in remaining 1 Tbsp. butter. Divide vermicelli among 4 plates; top with scallops and sauce.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:68.25, Glycemic Load:55.01, Inflammation Score:-5, Nutrition Score:15.137826173202%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 716.12kcal (35.81%), Fat: 19.2g (29.54%), Saturated Fat: 9.87g (61.7%), Carbohydrates: 103.03g (34.34%), Net Carbohydrates: 101.13g (36.77%), Sugar: 2.71g (3.01%), Cholesterol: 78.45mg (26.15%), Sodium: 1278.13mg (55.57%), Alcohol: 2.32g (100%), Alcohol %: 0.83% (100%), Protein: 24.79g (49.58%), Phosphorus: 753.67mg (75.37%), Selenium: 39.11µg (55.87%), Vitamin B12: 2.43µg (40.47%), Manganese: 0.66mg (32.98%), Zinc: 2.47mg (16.47%), Magnesium: 57.38mg (14.35%), Potassium: 447mg (12.77%), Vitamin K: 11.93µg (11.36%), Vitamin A: 550.19IU (11%), Iron: 1.69mg (9.4%), Folate: 33.2µg (8.3%), Vitamin B3: 1.57mg (7.83%), Vitamin B6: 0.16mg (7.82%), Vitamin C: 6.41mg (7.77%), Fiber: 1.9g (7.6%), Copper: 0.14mg (6.9%), Vitamin E: 0.93mg (6.18%), Vitamin B5: 0.48mg (4.81%), Calcium: 42.95mg (4.3%), Vitamin B1: 0.05mg (3.33%), Vitamin B2: 0.06mg (3.29%)