



Scallops Primavera

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 1 cup carrots thinly sliced
- 4 servings rice hot cooked
- 2 teaspoons cornstarch
- 0.8 teaspoon thyme leaves dried
- 3 cloves garlic minced
- 0.3 cup green onions diagonally sliced
- 0.3 cup juice of lemon fresh

- 8 ounces mushrooms sliced
- 6 ounce pea pods frozen thawed
- 1 pound scallops
- 0.3 cup sherry cooking wine holland house®

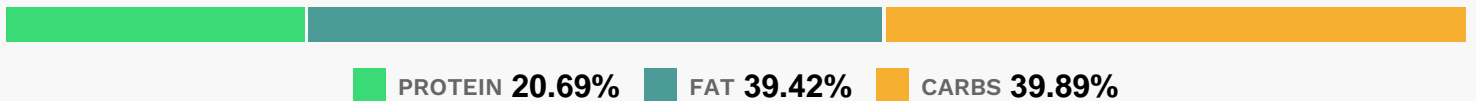
Equipment

- frying pan
- baking pan

Directions

- If scallops are large, slice them in half crosswise to make thin medallions.
- Combine scallops and lemon juice in a shallow baking dish; cover and refrigerate 30 minutes. When finished marinating, stir in sherry cooking wine and cornstarch.
- Melt butter in a large skillet over high heat.
- Add carrots and garlic; cook about 1 minute.
- Add mushrooms and thyme; cook and stir about 3 minutes. Stir in scallop mixture; cook until scallops are opaque, about 4 minutes. Stir in pea pods and green onions; heat through.
- Serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:78.71, Glycemic Load:25.71, Inflammation Score:-10, Nutrition Score:23.036521714667%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg,

Myricetin: 0.05mg, Myricetin: 0.05mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 385.37kcal (19.27%), Fat: 16.55g (25.46%), Saturated Fat: 10g (62.5%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 34.46g (12.53%), Sugar: 5.09g (5.66%), Cholesterol: 67.89mg (22.63%), Sodium: 596.04mg (25.91%), Alcohol: 1.54g (100%), Alcohol %: 0.51% (100%), Protein: 19.54g (39.09%), Vitamin A: 6354.84IU (127.1%), Phosphorus: 509.94mg (50.99%), Vitamin C: 36.47mg (44.2%), Selenium: 26.66µg (38.08%), Manganese: 0.65mg (32.53%), Vitamin K: 32.43µg (30.89%), Vitamin B12: 1.65µg (27.56%), Potassium: 686.59mg (19.62%), Vitamin B2: 0.33mg (19.23%), Vitamin B3: 3.83mg (19.13%), Vitamin B6: 0.38mg (18.76%), Vitamin B5: 1.87mg (18.73%), Copper: 0.33mg (16.3%), Folate: 62.44µg (15.61%), Magnesium: 58.62mg (14.66%), Zinc: 2.01mg (13.41%), Fiber: 3.22g (12.87%), Iron: 2.28mg (12.65%), Vitamin B1: 0.17mg (11.26%), Calcium: 64.19mg (6.42%), Vitamin E: 0.93mg (6.18%)