



## Scallops Provencal

READY IN



15 min.

SERVINGS



3

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup cooking wine dry white
- 0.3 cup flat-leaf parsley leaves fresh chopped
- 3 servings flour all-purpose for dredging
- 1 garlic clove minced
- 3 servings kosher salt and pepper black freshly ground
- 1 optional: lemon cut in 1/2
- 1 pound sea scallops fresh
- 0.5 cup shallots chopped (2 large)
- 4 tablespoons butter unsalted divided ()

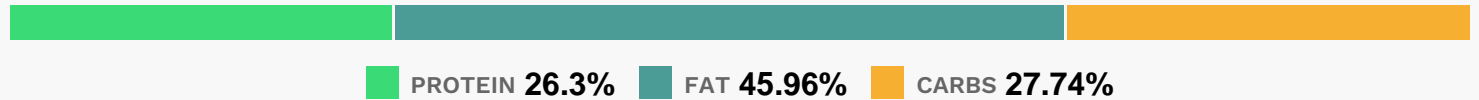
# Equipment

- frying pan

# Directions

- Watch how to make this recipe.
- If you're using bay scallops, keep them whole. If you're using sea scallops, cut each 1 in half horizontally.
- Sprinkle with salt and pepper, toss with flour, and shake off the excess.
- In a very large saute pan, heat 2 tablespoons of the butter over high heat until sizzling and add the scallops in 1 layer. Lower the heat to medium and allow the scallops to brown lightly on 1 side without moving them, then turn and brown lightly on the other side. This should take 3 to 4 minutes, total. Melt the rest of the butter in the pan with the scallops, then add the shallots, garlic, and parsley and saute for 2 more minutes, tossing the seasonings with the scallops.
- Add the wine, cook for 1 minute, and taste for seasoning.
- Serve hot with a squeeze of lemon juice.

# Nutrition Facts



# Properties

Glycemic Index:79.83, Glycemic Load:6.61, Inflammation Score:-8, Nutrition Score:17.779565225477%

# Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.15mg, Hesperetin: 10.15mg, Hesperetin: 10.15mg, Hesperetin: 10.15mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

# Nutrients (% of daily need)

Calories: 329.7kcal (16.49%), Fat: 16.15g (24.85%), Saturated Fat: 9.82g (61.4%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 19.24g (7%), Sugar: 4.34g (4.83%), Cholesterol: 76.42mg (25.47%), Sodium: 604.67mg (26.29%), Alcohol: 2.75g (100%), Alcohol %: 1.22% (100%), Protein: 20.79g (41.58%), Vitamin K: 83.93µg (79.94%), Phosphorus: 556.39mg (55.64%), Vitamin B12: 2.16µg (36.06%), Vitamin C: 29.2mg (35.39%), Selenium: 22.88µg (32.68%), Vitamin A: 902.35IU (18.05%), Folate: 63.76µg (15.94%), Potassium: 555.81mg (15.88%), Vitamin B6: 0.31mg (15.48%), Manganese: 0.27mg (13.61%), Magnesium: 52.03mg (13.01%), Zinc: 1.72mg (11.49%), Iron: 2.02mg (11.25%), Fiber: 2.68g (10.73%), Vitamin B3: 1.73mg (8.65%), Vitamin B1: 0.12mg (7.75%), Vitamin B5: 0.6mg (6.01%), Copper: 0.11mg (5.47%), Vitamin B2: 0.09mg (5.37%), Calcium: 50.18mg (5.02%), Vitamin E: 0.55mg (3.64%), Vitamin D: 0.28µg (1.87%)