



# Scallops Provencale

 **Gluten Free**

READY IN

ready

85 min.

SERVINGS

servings

8

CALORIES

calories

98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon rosemary dried
- ☐ 0.5 teaspoon tarragon dried chopped
- ☐ 8 servings parsley fresh chopped for garnish
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons catsup
- ☐ 0.5 pound mushrooms thinly sliced
- ☐ 1 small onion finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 1 pound sea scallops rinsed drained
- ☐ 0.3 pound shrimp frozen cooked
- ☐ 2 medium tomatoes peeled chopped
- ☐ 1 pinch pepper white
- ☐ 2 teaspoons citrus champagne vinegar

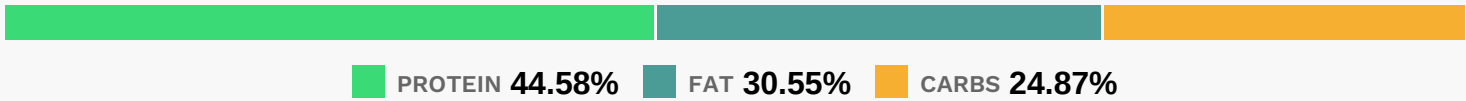
## Equipment

- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat butter in a large skillet over medium-high heat. Without crowding, lightly brown scallops in batches.
- ☐ Remove scallops to individual casseroles or lightly buttered baking shells.
- ☐ Stir onion and mushrooms into the skillet, and cook until the onion is soft and begins to brown. Stir in garlic, tomatoes, wine, ketchup, salt, tarragon, rosemary, and white pepper. Bring to a boil; cover, reduce heat to low, and simmer 15 minutes. Uncover, and cook until thick, about 3 minutes.
- ☐ Mix in shrimp and vinegar.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Spoon sauce evenly over scallops.
- ☐ Bake in a preheated oven until sauce bubbles and begins to brown at the edges, about 10 minutes.
- ☐ Sprinkle parsley over tops, and serve.

## Nutrition Facts



## Properties

Glycemic Index:43.63, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:10.378260804259%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 98.01kcal (4.9%), Fat: 3.4g (5.23%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 5.26g (1.91%), Sugar: 2.58g (2.87%), Cholesterol: 43.95mg (14.65%), Sodium: 446.78mg (19.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.35%), Vitamin K: 68.43µg (65.17%), Phosphorus: 259.25mg (25.93%), Selenium: 10.06µg (14.38%), Vitamin A: 707.07IU (14.14%), Vitamin B12: 0.82µg (13.61%), Vitamin C: 11.12mg (13.48%), Potassium: 368.84mg (10.54%), Copper: 0.19mg (9.59%), Vitamin B3: 1.74mg (8.68%), Vitamin B2: 0.14mg (8.48%), Magnesium: 27.41mg (6.85%), Folate: 27.05µg (6.76%), Zinc: 0.98mg (6.55%), Vitamin B6: 0.12mg (6.17%), Vitamin B5: 0.61mg (6.08%), Manganese: 0.1mg (5.12%), Iron: 0.85mg (4.73%), Fiber: 0.97g (3.88%), Vitamin B1: 0.05mg (3.16%), Calcium: 27.71mg (2.77%), Vitamin E: 0.34mg (2.25%)