



## Scallops Provençale



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 0.3 cup basil fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1.7 cups mushrooms sliced
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon salt

- ☐ 1.5 pounds sea scallops cut in half horizontally (12 scallops)
- ☐ 0.3 cup shallots minced
- ☐ 2 teaspoons tomato paste
- ☐ 1.5 teaspoons or dried fresh minced

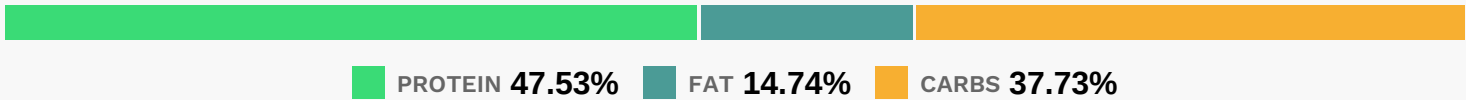
## Equipment

- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Pat scallops dry with paper towels.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add scallops to pan, and cook 3 minutes on each side or until browned.
- ☐ Remove from pan, set aside, and keep warm.
- ☐ Reduce heat to medium; add shallots, mushrooms, salt, and pepper to pan, and saut 3 minutes. Stir in garlic and tomato paste; cook 1 minute, stirring often.
- ☐ Add tomatoes and thyme. Reduce heat to low, and simmer 6 minutes, stirring often.
- ☐ Return scallops to pan, and cook 2 to 3 minutes or until thoroughly heated. Stir in basil and lemon juice.

## Nutrition Facts



## Properties

Glycemic Index:69.25, Glycemic Load:3.61, Inflammation Score:-7, Nutrition Score:18.651304607806%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 198.61kcal (9.93%), Fat: 3.35g (5.15%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 15.93g (5.79%), Sugar: 7.33g (8.14%), Cholesterol: 40.82mg (13.61%), Sodium: 1121.88mg (48.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.58%), Phosphorus: 654.78mg (65.48%), Vitamin B12: 2.41µg (40.24%), Selenium: 26.82µg (38.31%), Potassium: 893.09mg (25.52%), Vitamin B6: 0.43mg (21.26%), Vitamin B3: 4.08mg (20.39%), Copper: 0.4mg (20%), Manganese: 0.4mg (19.98%), Vitamin K: 20.04µg (19.09%), Vitamin C: 14.58mg (17.67%), Magnesium: 69.63mg (17.41%), Iron: 3.08mg (17.12%), Vitamin B2: 0.25mg (14.92%), Zinc: 2.19mg (14.62%), Folate: 57.07µg (14.27%), Fiber: 3.35g (13.4%), Vitamin B5: 1.33mg (13.32%), Vitamin E: 1.76mg (11.73%), Vitamin B1: 0.14mg (9.48%), Vitamin A: 366.98IU (7.34%), Calcium: 68.99mg (6.9%)