



Scallops with Apple Pan Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 apples i use 2 granny smith apples
- 4 servings pepper freshly ground
- 2 tablespoons juice of lemon fresh
- 2 tablespoons olive oil
- 0.3 cup pea shoots hearty (such as daikon or sunflower)
- 1 pound scallops
- 1 tablespoon butter unsalted

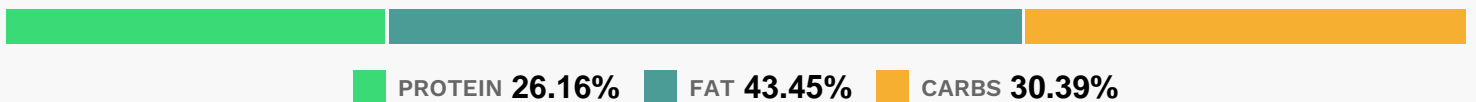
Equipment

- bowl
- frying pan
- sieve
- blender
- aluminum foil

Directions

- Core 1 apple; cut into 1" cubes.
- Place in a blender with lemon juice and 1/4 cup water; purée until smooth. Strain juice through a fine-mesh sieve into a small bowl. Peel, core, and cut remaining apple into 1/4" cubes.
- Add to bowl. Set aside.
- Heat oil in a large skillet over medium-high heat. Season scallops with salt and pepper. Working in batches, cook scallops until golden brown and just cooked through, about 2 minutes per side.
- Transfer to a plate; tent with foil to keep warm.
- Add butter to skillet. Cook, scraping up browned bits from bottom of pan.
- Add reserved apple mixture and cook, stirring often, until juice is thickened and apple pieces are tender, about 4 minutes. Spoon over scallops; top with sprouts and season with salt and pepper.
- Per serving: 240 calories, 11 g fat, 2 g fiber
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 16, Glycemic Load: 3.33, Inflammation Score: -4, Nutrition Score: 8.5013042623582%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg

Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 217.1kcal (10.86%), Fat: 10.66g (16.4%), Saturated Fat: 2.95g (18.46%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 14.52g (5.28%), Sugar: 9.69g (10.76%), Cholesterol: 34.74mg (11.58%), Sodium: 449.01mg (19.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.87%), Phosphorus: 390.36mg (39.04%), Vitamin B12: 1.6µg (26.75%), Vitamin C: 17.29mg (20.96%), Selenium: 14.56µg (20.8%), Fiber: 2.53g (10.11%), Potassium: 339.8mg (9.71%), Vitamin E: 1.27mg (8.44%), Magnesium: 30.19mg (7.55%), Zinc: 1.08mg (7.18%), Vitamin K: 6.62µg (6.31%), Vitamin B6: 0.12mg (6.2%), Folate: 22.5µg (5.62%), Vitamin B3: 0.89mg (4.45%), Vitamin A: 201.19IU (4.02%), Iron: 0.6mg (3.31%), Manganese: 0.06mg (3.25%), Vitamin B5: 0.31mg (3.14%), Copper: 0.05mg (2.69%), Vitamin B2: 0.04mg (2.54%), Vitamin B1: 0.03mg (1.7%), Calcium: 14.07mg (1.41%)