



## Scallops with Asparagus

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 lb asparagus
- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 tablespoons olive oil
- ☐ 0.8 teaspoon salt
- ☐ 2 lb sea scallops
- ☐ 0.3 cup butter unsalted cut into tablespoon pieces
- ☐ 2 teaspoons white-wine vinegar

# Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ slotted spoon
- ☐ tongs

# Directions

- ☐ Trim asparagus, then cut stems into 1/4-inch-thick diagonal slices, leaving tips whole.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy nonstick skillet over moderately high heat until hot but not smoking, then sauté asparagus, stirring occasionally, until just tender, 5 to 6 minutes.
- ☐ Transfer with a slotted spoon to a plate, reserving skillet off heat (do not clean).
- ☐ Pat scallops dry and sprinkle with pepper and 1/2 teaspoon salt.
- ☐ Add 1 tablespoon oil to skillet and heat over moderately high heat until hot but not smoking, then sauté half of scallops, turning over once, until browned and just cooked through, 4 to 6 minutes total.
- ☐ Transfer scallops with tongs to another plate as cooked.
- ☐ Wipe out skillet with paper towels, then add remaining tablespoon oil and heat until hot but not smoking. Sauté remaining scallops, turning over once, until browned and cooked through, 4 to 6 minutes total, transferring to plate. (Do not wipe out skillet after second batch.)
- ☐ Carefully add wine and vinegar to skillet (mixture may spatter) and boil, scraping up brown bits, until liquid is reduced to about 2 tablespoons, about 1 minute.
- ☐ Add any scallop juices accumulated on plate and bring to a simmer.
- ☐ Reduce heat to low and whisk in butter, 1 tablespoon at a time, until incorporated.
- ☐ Add asparagus and remaining 1/4 teaspoon salt and cook until heated through, about 1 minute.
- ☐ Serve scallops topped with asparagus and sauce.

# Nutrition Facts



 **PROTEIN 31.7%**  **FAT 55.3%**  **CARBS 13%**

Properties

Glycemic Index:19.75, Glycemic Load:0.75, Inflammation Score:-8, Nutrition Score:21.258695825287%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

Nutrients (% of daily need)

Calories: 391.22kcal (19.56%), Fat: 23.26g (35.79%), Saturated Fat: 9.08g (56.72%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 9.86g (3.59%), Sugar: 2.33g (2.59%), Cholesterol: 84.93mg (28.31%), Sodium: 1330.36mg (57.84%), Alcohol: 2.06g (100%), Alcohol %: 0.67% (100%), Protein: 30.01g (60.02%), Phosphorus: 824.07mg (82.41%), Vitamin B12: 3.22µg (53.7%), Vitamin K: 54.98µg (52.36%), Selenium: 31.81µg (45.45%), Vitamin A: 1220.01IU (24.4%), Folate: 95.92µg (23.98%), Vitamin E: 3.13mg (20.83%), Potassium: 716.09mg (20.46%), Iron: 3.44mg (19.13%), Zinc: 2.72mg (18.12%), Magnesium: 68.59mg (17.15%), Vitamin B6: 0.28mg (14%), Manganese: 0.28mg (13.79%), Vitamin B3: 2.73mg (13.67%), Copper: 0.27mg (13.67%), Vitamin B1: 0.18mg (12%), Vitamin B2: 0.2mg (11.89%), Fiber: 2.44g (9.78%), Vitamin B5: 0.83mg (8.26%), Vitamin C: 6.36mg (7.71%), Calcium: 47.66mg (4.77%), Vitamin D: 0.21µg (1.42%)