



Scallops with Cabbage and Capers

READY IN



42 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoons capers packed in salt rinsed
- ☐ 3 tablespoons cider vinegar
- ☐ 0.5 cup parsley fresh roughly chopped
- ☐ 0.3 cup golden raisins
- ☐ 0.5 head light-green cabbage sliced
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons brown sugar light packed
- ☐ 1 cup chicken broth low-sodium
- ☐ 4 servings pepper freshly ground

- ☐ 1.3 pounds sea scallops
- ☐ 8 tablespoons butter unsalted

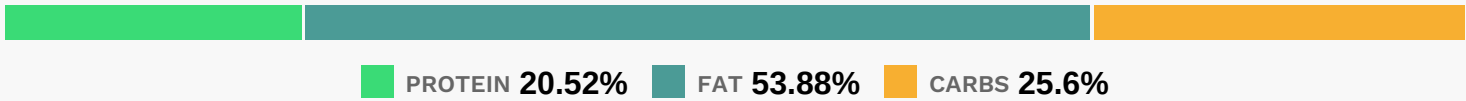
Equipment

- ☐ frying pan
- ☐ casserole dish
- ☐ broiler

Directions

- ☐ Melt 2 tablespoons butter in a large skillet over medium-high heat.
- ☐ Sprinkle in the sugar and cook until it just turns golden.
- ☐ Add the cabbage and 1/2 teaspoon salt, cover and cook until wilted, about 5 minutes.
- ☐ Add the broth and continue cooking, covered, until crisp-tender, another 15 minutes. Preheat the broiler to high.
- ☐ Transfer the cabbage to a casserole dish. Wipe out the skillet, then add the remaining 6 tablespoons butter and melt over medium heat.
- ☐ Brush the scallops with some of the butter and season with salt and pepper; arrange in a single layer over the cabbage in the casserole dish and broil until firm, 5 to 7 minutes.
- ☐ Meanwhile, continue cooking the butter over low heat, swirling the pan occasionally, until toasted and fragrant, 5 minutes.
- ☐ Add the capers, raisins and vinegar (be careful – the butter may foam and bubble); swirl the pan until the raisins are plump. Season with salt and pepper.
- ☐ Divide the scallops and cabbage among plates.
- ☐ Add the parsley to the sauce and spoon over the scallops.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:51.17, Glycemic Load:5.65, Inflammation Score:-8, Nutrition Score:21.01260880802%

Flavonoids

Apigenin: 16.25mg, Apigenin: 16.25mg, Apigenin: 16.25mg, Apigenin: 16.25mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 392.32kcal (19.62%), Fat: 23.99g (36.91%), Saturated Fat: 14.74g (92.11%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 22.11g (8.04%), Sugar: 15.03g (16.7%), Cholesterol: 94.22mg (31.41%), Sodium: 853.58mg (37.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.56g (41.12%), Vitamin K: 212.19µg (202.09%), Vitamin C: 51.89mg (62.9%), Phosphorus: 543.64mg (54.36%), Vitamin B12: 2.11µg (35.09%), Vitamin A: 1450.31IU (29.01%), Selenium: 18.95µg (27.07%), Folate: 84.53µg (21.13%), Potassium: 668.51mg (19.1%), Manganese: 0.29mg (14.67%), Vitamin B6: 0.29mg (14.51%), Fiber: 3.54g (14.15%), Magnesium: 54.81mg (13.7%), Vitamin B3: 2.3mg (11.52%), Zinc: 1.7mg (11.35%), Iron: 1.94mg (10.77%), Calcium: 85.27mg (8.53%), Copper: 0.15mg (7.27%), Vitamin B2: 0.12mg (7.15%), Vitamin B5: 0.63mg (6.29%), Vitamin E: 0.91mg (6.04%), Vitamin B1: 0.09mg (5.88%), Vitamin D: 0.42µg (2.8%)