



Scallops with Capers and Tomatoes

 Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons capers drained
- 0.5 cup cooking wine dry white
- 2 tablespoons basil fresh chopped
- 1 garlic clove minced
- 1 tablespoon olive oil extra-virgin
- 0.3 teaspoon salt
- 1.5 pounds sea scallops
- 1 cup tomatoes diced seeded

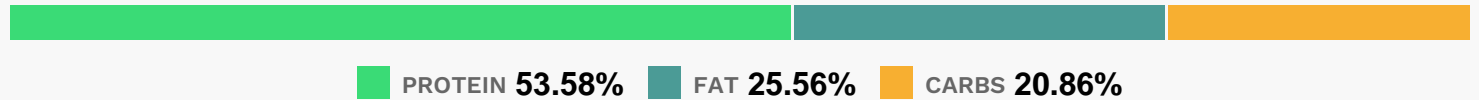
Equipment

- frying pan
- paper towels

Directions

- Pat scallops dry with paper towels.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add scallops to pan; cook 3 minutes on each side or until done.
- Remove scallops from pan; keep warm.
- Add garlic to pan; cook 15 seconds.
- Add wine and next 4 ingredients to pan. Spoon mixture over scallops; drizzle evenly with oil just before serving.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:10.969130536784%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 7.92mg, Kaempferol: 7.92mg, Kaempferol: 7.92mg, Kaempferol: 7.92mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg

Nutrients (% of daily need)

Calories: 182.34kcal (9.12%), Fat: 4.47g (6.88%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 7.54g (2.74%), Sugar: 1.3g (1.45%), Cholesterol: 40.82mg (13.61%), Sodium: 981.86mg (42.69%), Alcohol: 3.09g (100%), Alcohol %: 1.57% (100%), Protein: 21.08g (42.17%), Phosphorus: 584.77mg (58.48%), Vitamin B12: 2.4µg (39.97%), Selenium: 21.98µg (31.41%), Potassium: 466.7mg (13.33%), Magnesium: 47.33mg (11.83%), Zinc: 1.68mg (11.22%), Vitamin K: 10.81µg (10.29%), Vitamin B6: 0.18mg (9.06%), Folate: 35.19µg (8.8%), Vitamin A:

376.49IU (7.53%), Vitamin B3: 1.5mg (7.51%), Vitamin C: 5.78mg (7%), Manganese: 0.14mg (6.78%), Iron: 0.99mg (5.52%), Vitamin E: 0.77mg (5.11%), Copper: 0.09mg (4.55%), Vitamin B5: 0.42mg (4.21%), Vitamin B2: 0.05mg (2.77%), Fiber: 0.67g (2.68%), Calcium: 22.28mg (2.23%), Vitamin B1: 0.03mg (2.01%)