



Scallops with Cauliflower, Dried Cherries, and Capers

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons butter ()
- ☐ 2 tablespoons capers drained
- ☐ 5 cups cauliflower florets (from 1 large head)
- ☐ 3 tablespoons cherries dried
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 3 tablespoons olive oil divided
- ☐ 6 large sage sliced

- ☐ 6 large scallops
- ☐ 1 large shallots divided finely chopped
- ☐ 9 ounce pkt spinach fresh

Equipment

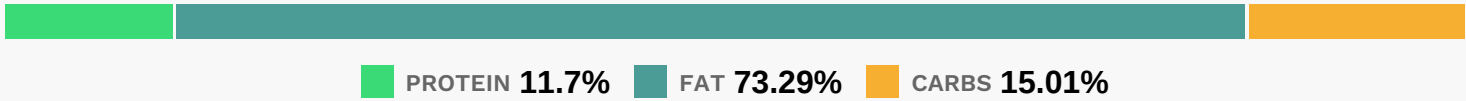
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve

Directions

- ☐ Cook cauliflower florets in large pot of boiling salted water until tender, about 6 minutes.
- ☐ Drain and transfer cauliflower to bowl.
- ☐ Heat 1 tablespoon oil in same pot over medium-high heat.
- ☐ Add spinach and toss until just wilted but still bright green, about 3 minutes.
- ☐ Transfer spinach to sieve set over large bowl and drain well. Reserve pot. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Heat 1 tablespoon oil in reserved pot.
- ☐ Add half of shallot; saute 1 minute.
- ☐ Sprinkle cauliflower with cinnamon, salt, and pepper.
- ☐ Add to pot and toss to coat.
- ☐ Add spinach and toss until heated through, about 3 minutes. Divide vegetables among 6 plates.
- ☐ Meanwhile, heat remaining 1 tablespoon oil in medium skillet over high heat.
- ☐ Sprinkle scallops with salt and pepper.
- ☐ Add to skillet; sear until just opaque in center, about 2 minutes per side.
- ☐ Place 1 scallop on each plate. Melt butter in same skillet.

- ☐ Add half of shallot and last 3 ingredients. Cook until butter starts to brown, about 4 minutes. Spoon over scallops and serve.
- ☐ Bright fruit and honey flavors pair well with these three salty mezes. Try Boutari 2005 "Kallisti" (Santorini, \$24).
- ☐ Per serving: 229 calories, 19g fat (8g saturated fat), 36mg cholesterol, 254g sodium, 11g carbohydrates, 3g fiber, 6g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.39, Inflammation Score:-10, Nutrition Score:20.706086967302%

Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 6.53mg, Kaempferol: 6.53mg, Kaempferol: 6.53mg, Kaempferol: 6.53mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

Nutrients (% of daily need)

Calories: 222.11kcal (11.11%), Fat: 18.95g (29.15%), Saturated Fat: 8.35g (52.17%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 5.71g (2.08%), Sugar: 3.07g (3.41%), Cholesterol: 37.3mg (12.43%), Sodium: 340.7mg (14.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.61%), Vitamin K: 224.37µg (213.69%), Vitamin A: 4347.09IU (86.94%), Vitamin C: 53.08mg (64.35%), Folate: 137.55µg (34.39%), Manganese: 0.55mg (27.69%), Potassium: 583.31mg (16.67%), Phosphorus: 165.45mg (16.55%), Vitamin E: 2.3mg (15.3%), Magnesium: 55.66mg (13.92%), Vitamin B6: 0.28mg (13.87%), Fiber: 3.02g (12.09%), Copper: 0.24mg (11.8%), Iron: 1.79mg (9.95%), Vitamin B2: 0.15mg (8.63%), Vitamin B12: 0.45µg (7.45%), Selenium: 4.99µg (7.13%), Calcium: 70.33mg (7.03%), Vitamin B5: 0.69mg (6.91%), Vitamin B1: 0.08mg (5.52%), Zinc: 0.77mg (5.12%), Vitamin B3: 0.99mg (4.93%)