



WHATSheATE



Scallops with cep compote & chestnuts



Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



338 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 honey whole cooked
- ☐ 3 garlic clove finely chopped
- ☐ 1 small onion finely chopped
- ☐ 12 large scallops cleaned canned
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 8 large sprigs thyme leaves whole with the leaves carefully picked from the stalks
- ☐ 85 g butter unsalted

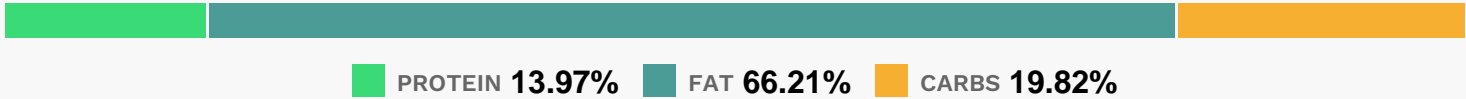
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat half the butter in a medium saucepan and sweat the onion and garlic for 5 mins. Meanwhile, remove the stalks of the ceps from the heads, cut them into chunks, cut the heads in half and set aside. Stir the chopped stalks in with the onions, raise the heat and fry for 2 mins until coloured.
- ☐ Pour in the wine and reduce by half.
- ☐ Add the chestnuts, 2 sprigs thyme and 400ml/14fl oz of water. Bring to the boil, reduce the heat and simmer for 40 mins.
- ☐ Heat the oil in a large frying pan. Put in the cep heads, cut side down, around the outside, followed by the scallops in the centre. Fry over a high heat for 1 min each side until golden. Turn over and fry for 2 mins more.
- ☐ Sprinkle over the thyme leaves, season if you want and turn off the heat.
- ☐ Remove the thyme and stir in the second half of the butter. Spoon the compote into the four deep plates and top with the scallops and fried ceps.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:6.67, Inflammation Score:-9, Nutrition Score:9.4704347848892%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 338.11kcal (16.91%), Fat: 25.05g (38.54%), Saturated Fat: 11.8g (73.74%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 16.25g (5.91%), Sugar: 0.78g (0.86%), Cholesterol: 67.29mg (22.43%), Sodium: 356.9mg (15.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.89g (23.78%), Phosphorus: 325.91mg (32.59%),

Vitamin E: 3.37mg (22.49%), Vitamin B12: 1.31µg (21.75%), Vitamin C: 15.33mg (18.58%), Selenium: 12.14µg (17.34%), Vitamin A: 635.86IU (12.72%), Vitamin B6: 0.21mg (10.55%), Potassium: 358.32mg (10.24%), Manganese: 0.2mg (9.77%), Folate: 33.95µg (8.49%), Magnesium: 33.3mg (8.32%), Copper: 0.15mg (7.7%), Zinc: 1.05mg (7.02%), Iron: 1.01mg (5.6%), Vitamin B3: 0.99mg (4.96%), Vitamin B1: 0.06mg (3.81%), Vitamin B5: 0.38mg (3.8%), Calcium: 31.49mg (3.15%), Fiber: 0.62g (2.5%), Vitamin B2: 0.04mg (2.43%), Vitamin D: 0.32µg (2.13%), Vitamin K: 1.97µg (1.88%)