



Scallops with Chipotle-Orange Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter divided
- ☐ 1 tablespoon chipotle chile in adobo sauce canned finely chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 cup orange juice fresh
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon salt divided
- ☐ 1.5 pounds sea scallops

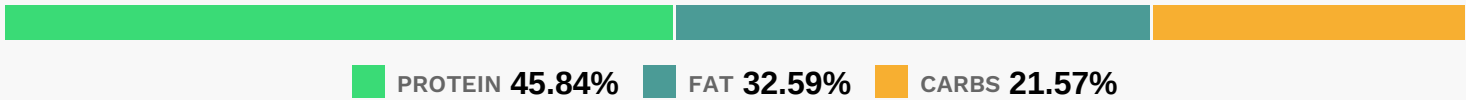
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Melt 1 tablespoon butter in a large skillet coated with cooking spray over medium-high heat.
- ☐ Sprinkle scallops with paprika and 1/8 teaspoon salt.
- ☐ Add scallops to pan; cook 3 minutes on each side or until browned.
- ☐ Remove from pan, and keep warm.
- ☐ Add orange juice and chile to the pan, scraping pan to loosen browned bits. Bring to a boil, and cook until reduced to 1/4 cup (about 1 minute).
- ☐ Add 1 tablespoon butter and 1/8 teaspoon salt, stirring with a whisk until smooth.
- ☐ Serve the sauce with scallops, and garnish with the onions.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:1.75, Inflammation Score:-5, Nutrition Score:11.159130308939%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 186.71kcal (9.34%), Fat: 6.62g (10.18%), Saturated Fat: 3.83g (23.94%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 9.17g (3.33%), Sugar: 3.03g (3.37%), Cholesterol: 55.87mg (18.62%), Sodium: 858.65mg (37.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.94g (41.88%), Phosphorus: 578.17mg (57.82%), Vitamin B12: 2.41µg (40.17%), Selenium: 21.93µg (31.32%), Vitamin C: 16.68mg (20.21%), Vitamin K: 13.66µg (13.01%), Potassium: 435.36mg (12.44%), Zinc: 1.61mg (10.7%), Magnesium: 42.67mg (10.67%), Folate: 40.85µg (10.21%), Vitamin A: 427.67IU (8.55%), Vitamin B6: 0.15mg (7.3%), Vitamin B3: 1.38mg (6.9%), Iron: 0.95mg (5.26%), Vitamin B5: 0.44mg (4.43%), Copper: 0.06mg (2.99%), Vitamin B1: 0.04mg (2.96%), Fiber: 0.69g (2.75%), Vitamin B2: 0.05mg (2.66%), Manganese: 0.05mg (2.38%), Calcium: 20.46mg (2.05%), Vitamin E: 0.28mg (1.88%)