



Scallops with Green Tea Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup crème fraîche
- 0.3 teaspoon fleur del sel
- 0.5 teaspoon ground ginger
- 0.1 teaspoon hungarian paprika hot
- 0.5 teaspoon juice of lemon fresh
- 1.3 teaspoons matcha tea powder green divided (Japanese tea powder)
- 1 tablespoon olive oil extra-virgin divided
- 0.1 teaspoon sea salt fine

1.8 pounds sea scallops

Equipment

- bowl
- frying pan
- whisk
- sieve
- blender

Directions

- Place crme frache in a medium bowl; beat with a mixer at high speed until stiff peaks form.
- Add 1/2 teaspoon matcha, lemon juice, 1/8 teaspoon salt, and paprika, stirring with a whisk.
- Combine remaining 3/4 teaspoon matcha and ground ginger in a fine mesh sieve over a bowl; press ginger mixture through sieve.
- Sprinkle the ginger mixture evenly over scallops.
- Heat a large heavy skillet over high heat.
- Add 1 1/2 teaspoons oil to pan; swirl to coat. Arrange half of scallops in a single layer in pan; cook 2 minutes on each side or until browned and desired degree of doneness.
- Remove scallops from pan. Repeat procedure with remaining 1 1/2 teaspoons oil and scallops. Arrange 3 scallops and about 1 tablespoon crme frache mixture on each of 6 plates.
- Sprinkle evenly with fleur de sel and chervil, if desired.

Nutrition Facts



PROTEIN 49.15% **FAT 36.23%** **CARBS 14.62%**

Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:0, Nutrition Score:7.2908696532249%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 140.48kcal (7.02%), Fat: 5.47g (8.42%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4.93g (1.79%), Sugar: 0.46g (0.51%), Cholesterol: 39.29mg (13.1%), Sodium: 668.03mg (29.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.71g (33.41%), Phosphorus: 452.03mg (45.2%), Vitamin B12: 1.89µg (31.54%), Selenium: 17.5µg (25%), Zinc: 1.25mg (8.36%), Potassium: 290.82mg (8.31%), Magnesium: 30.84mg (7.71%), Folate: 22.06µg (5.51%), Vitamin B6: 0.1mg (5.2%), Vitamin B3: 0.96mg (4.81%), Manganese: 0.08mg (4.02%), Iron: 0.72mg (3.99%), Vitamin B5: 0.33mg (3.3%), Vitamin A: 145.84IU (2.92%), Vitamin E: 0.4mg (2.65%), Vitamin B2: 0.04mg (2.48%), Calcium: 21.27mg (2.13%), Copper: 0.03mg (1.7%), Vitamin K: 1.63µg (1.55%)