



Scallops with Hazelnuts and Browned Butter Vinaigrette

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons thyme sprigs fresh divided chopped
- ☐ 0.3 cup hazelnuts husked toasted chopped
- ☐ 1 pound scallops
- ☐ 0.3 cup shallots chopped
- ☐ 1 small bunch watercress thick trimmed
- ☐ 5 tablespoons butter unsalted
- ☐ 1 tablespoon balsamic vinegar white

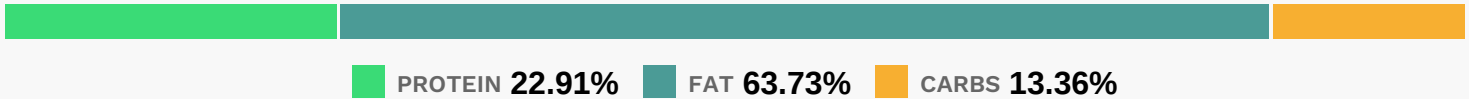
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook butter in large nonstick skillet over medium heat until deep golden brown and most of foam subsides, stirring frequently, about 4 minutes.
- ☐ Transfer butter to bowl, reserving skillet.
- ☐ Sprinkle scallops with salt, pepper, and 1/2 teaspoon thyme; add to reserved skillet and cook until just opaque in center, about 1 1/2 minutes per side.
- ☐ Transfer scallops to plate.
- ☐ Add shallots, hazelnuts, and remaining 1 teaspoon thyme to skillet; stir 30 seconds.
- ☐ Remove skillet from heat.
- ☐ Add browned butter and vinegar; stir to blend. Season vinaigrette with salt and pepper.
- ☐ Divide watercress between 2 plates. Top with scallops and spoon warm vinaigrette over.

Nutrition Facts



Properties

Glycemic Index:86, Glycemic Load:2.55, Inflammation Score:-9, Nutrition Score:22.833478409311%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 539.96kcal (27%), Fat: 38.7g (59.53%), Saturated Fat: 18.96g (118.47%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 15.26g (5.55%), Sugar: 5g (5.55%), Cholesterol: 129.68mg (43.23%), Sodium: 904.72mg (39.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.3g (62.59%), Phosphorus: 843.67mg (84.37%), Manganese: 1.15mg (57.41%), Vitamin B12: 3.26µg (54.29%), Selenium: 30.33µg (43.32%), Vitamin K: 36.15µg (34.42%), Vitamin A: 1356.17IU (27.12%), Magnesium: 89.31mg (22.33%), Potassium: 766.38mg (21.9%), Vitamin E: 3.2mg (21.35%), Vitamin B6: 0.41mg (20.42%), Copper: 0.37mg (18.52%), Zinc: 2.67mg (17.79%), Folate: 69.49µg (17.37%), Vitamin C: 11.88mg (14.4%), Iron: 2.39mg (13.29%), Fiber: 2.99g (11.96%), Vitamin B3: 2.01mg (10.05%), Vitamin B1: 0.15mg (9.98%), Vitamin B5: 0.82mg (8.23%), Calcium: 76.93mg (7.69%), Vitamin B2: 0.09mg (5.46%), Vitamin D: 0.52µg (3.5%)