



Scallops with Herbed Brown Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 sprigs lemon thyme (such as tarragon, lemon thyme, or sage)
- ☐ 4 servings pepper freshly ground
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 pound scallops
- ☐ 2 tablespoons butter unsalted cut into small pieces ()

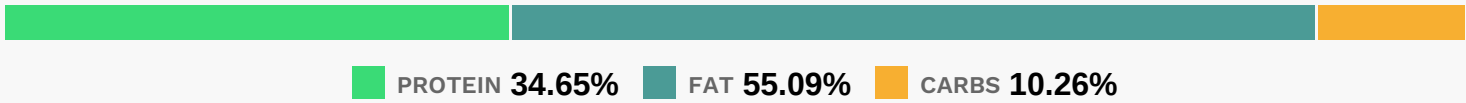
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium-high heat. Season scallops with salt and pepper and cook until deep golden brown on 1 side, about 3 minutes. Turn scallops and add butter and herbs to pan. Continue cooking, spooning butter over scallops often, until scallops are cooked through and butter is brown and smells nutty, about 3 minutes longer.
- ☐ Add lemon juice.
- ☐ Serve scallops with brown butter pan sauce.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:6.5173913551413%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 161.19kcal (8.06%), Fat: 9.76g (15.01%), Saturated Fat: 4.23g (26.44%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.92g (1.42%), Sugar: 0.07g (0.08%), Cholesterol: 42.27mg (14.09%), Sodium: 445.5mg (19.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.81g (27.62%), Phosphorus: 381.85mg (38.18%), Vitamin B12: 1.61µg (26.85%), Selenium: 14.59µg (20.85%), Zinc: 1.06mg (7.06%), Potassium: 244.18mg (6.98%), Magnesium: 27.01mg (6.75%), Folate: 19.32µg (4.83%), Vitamin A: 226.54IU (4.53%), Vitamin E: 0.67mg (4.47%), Vitamin B6: 0.09mg (4.4%), Vitamin B3: 0.82mg (4.11%), Iron: 0.64mg (3.55%), Vitamin C: 2.57mg (3.11%), Vitamin K: 2.76µg (2.63%), Vitamin B5: 0.26mg (2.6%), Manganese: 0.05mg (2.49%), Copper: 0.03mg (1.72%), Vitamin B2: 0.02mg (1.45%), Calcium: 13.16mg (1.32%)