



Scallops with Israeli Couscous

READY IN



35 min.

SERVINGS



4

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bay scallops
- ☐ 2 tablespoons butter divided
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 teaspoons parmesan cheese grated
- ☐ 2 cups pearl couscous (Israeli)
- ☐ 1 teaspoon salt

- ☐ 2.5 cups water
- ☐ 0.3 cup white wine

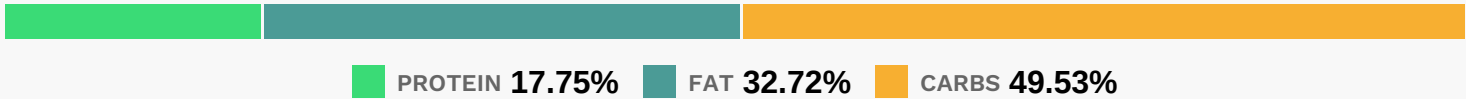
Equipment

- ☐ sauce pan

Directions

- ☐ Bring water to a boil in a large saucepan and stir couscous, 1 tablespoon butter, and salt into boiling water. Reduce heat to low and simmer until couscous is tender and plump, about 10 minutes.
- ☐ Heat remaining 1 tablespoon butter and olive oil in a saucepan over medium-low heat. Stir white wine, Parmesan cheese, garlic, and parsley into hot oil and butter. Cook and stir until parsley is tender and wilted, 3 to 5 minutes. Season with salt and black pepper.
- ☐ Increase heat to medium-high and add scallops to sauce; cook until scallops just become opaque, 3 to 4 minutes. Divide couscous onto serving plates and top each serving with scallops in sauce.
- ☐ Sprinkle each portion with 1 teaspoon Parmesan cheese and a pinch of fresh parsley.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:40.57, Inflammation Score:-6, Nutrition Score:17.531304383407%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 596.88kcal (29.84%), Fat: 21.01g (32.33%), Saturated Fat: 6.1g (38.1%), Carbohydrates: 71.55g (23.85%), Net Carbohydrates: 67.08g (24.39%), Sugar: 0.2g (0.23%), Cholesterol: 44.41mg (14.8%), Sodium: 1133.49mg (49.28%), Alcohol: 1.54g (100%), Alcohol %: 0.5% (100%), Protein: 25.65g (51.3%), Vitamin K: 70.42µg (67.07%), Phosphorus: 549.88mg (54.99%), Manganese: 0.76mg (38.18%), Vitamin B12: 1.64µg (27.4%), Selenium: 15.79µg (22.56%), Vitamin B3: 3.87mg (19.34%), Fiber: 4.47g (17.89%), Magnesium: 69.17mg (17.29%), Vitamin E: 2.15mg (14.33%), Copper: 0.28mg (13.83%), Vitamin B5: 1.36mg (13.59%), Zinc: 1.96mg (13.04%), Potassium: 422.64mg (12.08%), Vitamin B6: 0.22mg (10.91%), Vitamin B1: 0.16mg (10.46%), Folate: 41.54µg (10.38%), Vitamin A: 516.3IU (10.33%), Iron: 1.77mg (9.82%), Vitamin C: 5.69mg (6.9%), Calcium: 66.76mg (6.68%), Vitamin B2: 0.1mg (6.07%)