



Scallops with Lemon-Basil Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon butter divided
- ☐ 0.5 teaspoon cornstarch
- ☐ 0.8 cup wine dry white
- ☐ 1 tablespoon basil fresh finely chopped
- ☐ 1 large optional: lemon
- ☐ 0.3 teaspoon salt divided
- ☐ 1.5 pounds scallops

☐ 1 tablespoon water

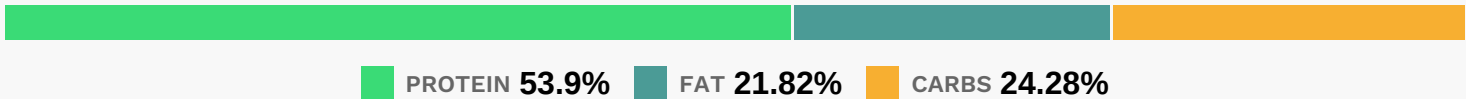
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Finely grate lemon rind, reserving 1/4 teaspoon. Squeeze lemon, reserving 2 tablespoons juice. Pat scallops dry with paper towels.
- ☐ Sprinkle scallops with 1/8 teaspoon each salt and pepper. Melt 2 teaspoons butter in a large nonstick skillet over medium heat.
- ☐ Add scallops; cook 3 to 4 minutes on each side or until done.
- ☐ Remove scallops from pan; keep warm.
- ☐ Add wine and reserved lemon juice to pan, and bring to a boil. Reduce heat, and simmer 2 minutes, stirring to loosen browned bits from bottom of pan.
- ☐ Combine water and cornstarch; add to pan. Cook, stirring constantly, 2 minutes or until sauce begins to thicken.
- ☐ Add reserved lemon rind, remaining 1 teaspoon butter, remaining 1/8 teaspoon each salt and pepper, and basil.
- ☐ Remove from heat.
- ☐ Serve over scallops.
- ☐ Serve with: Buttery Angel Hair Pasta with Parmesan Cheese
- ☐ Choice Ingredient
- ☐ Large sea scallops are great for a fast and filling protein source any night of the week. They can be seared or sauted and then added to salads and pastas or served solo as an entre. Their mild taste and universal appeal make them a good host for complex flavors.

Nutrition Facts



Properties

Glycemic Index:48.13, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:10.326086930607%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 188.57kcal (9.43%), Fat: 3.76g (5.79%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 8.62g (3.13%), Sugar: 1.11g (1.23%), Cholesterol: 48.35mg (16.12%), Sodium: 837.67mg (36.42%), Alcohol: 4.64g (100%), Alcohol %: 2.34% (100%), Protein: 20.9g (41.8%), Phosphorus: 581.89mg (58.19%), Vitamin B12: 2.4µg (40.07%), Selenium: 21.98µg (31.39%), Vitamin C: 14.4mg (17.45%), Potassium: 421.92mg (12.05%), Magnesium: 44.73mg (11.18%), Zinc: 1.63mg (10.85%), Vitamin B6: 0.17mg (8.48%), Folate: 31.1µg (7.78%), Vitamin B3: 1.28mg (6.39%), Manganese: 0.11mg (5.59%), Iron: 0.96mg (5.34%), Vitamin B5: 0.44mg (4.44%), Fiber: 0.8g (3.19%), Copper: 0.06mg (2.77%), Vitamin K: 2.7µg (2.58%), Vitamin A: 125.57IU (2.51%), Calcium: 23.76mg (2.38%), Vitamin B2: 0.04mg (2.32%), Vitamin B1: 0.03mg (1.7%)