



Scallops with Mashed Potatoes with Tarragon Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup plus 1 tablespoon butter room temperature (1 stick)
- ☐ 0.3 cup cooking wine dry white
- ☐ 1.5 tablespoons tarragon fresh chopped
- ☐ 1 teaspoon salt
- ☐ 12 sea scallops trimmed
- ☐ 2 tablespoons shallots chopped
- ☐ 2 tablespoons whipping cream

- ☐ 0.7 cup milk whole ()
- ☐ 2 pounds yukon gold potatoes peeled cut into 1-inch pieces

Equipment

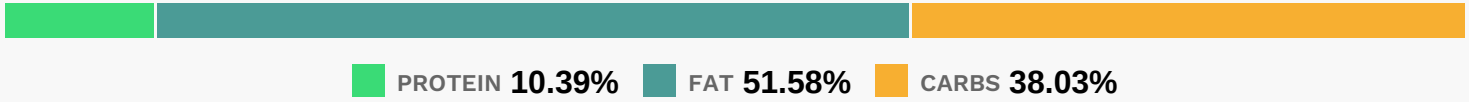
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ potato masher
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Place potatoes in large pot. Cover with cold water.
- ☐ Add 1 teaspoon salt and bring to boil over high heat. Boil until potatoes are tender when pierced with skewer, about 8 minutes.
- ☐ Drain. Return to pot. Using potato masher, mash potatoes. Mash in 1/4 cup butter. Stir in 2/3 cup milk. Season to taste with salt and pepper. (Can be made 1 hour ahead.
- ☐ Let stand at room temperature. Before serving, stir over medium heat until heated through, adding more milk by tablespoonfuls if dry.)
- ☐ Melt 1 tablespoon butter in large skillet over medium-high heat.
- ☐ Sprinkle scallops with salt and pepper.
- ☐ Add scallops; sauté until just opaque in center, about 2 minutes per side.
- ☐ Transfer to plate; tent with foil. Reserve juices in skillet.
- ☐ Place wine and shallots in small saucepan. Simmer over medium heat until reduced to glaze, about 3 minutes. Stir in cream; simmer 1 minute. Gradually whisk in remaining 1/4 cup butter. Stir in reserved pan juices. Stir in 1 1/2 tablespoons tarragon. Season tarragon sauce to taste with salt and pepper.

- ☐ Stir remaining 1/4 cup tarragon into warm mashed potatoes. Divide potatoes among 4 shallow bowls.
- ☐ Place scallops atop mashed potatoes.
- ☐ Drizzle with tarragon sauce and serve.

Nutrition Facts



Properties

Glycemic Index:71.69, Glycemic Load:30.8, Inflammation Score:-8, Nutrition Score:18.1752172864%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 486.78kcal (24.34%), Fat: 27.64g (42.52%), Saturated Fat: 17.23g (107.71%), Carbohydrates: 45.86g (15.29%), Net Carbohydrates: 40.52g (14.73%), Sugar: 4.55g (5.05%), Cholesterol: 85.16mg (28.39%), Sodium: 974.53mg (42.37%), Alcohol: 2.06g (100%), Alcohol %: 0.69% (100%), Protein: 12.53g (25.07%), Vitamin C: 46.44mg (56.29%), Vitamin B6: 0.82mg (41.03%), Potassium: 1232.29mg (35.21%), Phosphorus: 346.62mg (34.66%), Manganese: 0.61mg (30.25%), Fiber: 5.34g (21.38%), Magnesium: 80.21mg (20.05%), Vitamin A: 1001.56IU (20.03%), Iron: 2.92mg (16.22%), Vitamin B12: 0.91µg (15.24%), Vitamin B3: 3.03mg (15.16%), Vitamin B1: 0.22mg (14.72%), Copper: 0.28mg (14%), Folate: 53.73µg (13.43%), Calcium: 125.6mg (12.56%), Vitamin B2: 0.2mg (11.67%), Selenium: 7.92µg (11.31%), Vitamin B5: 0.99mg (9.94%), Zinc: 1.43mg (9.5%), Vitamin K: 6.78µg (6.45%), Vitamin E: 0.77mg (5.15%), Vitamin D: 0.57µg (3.78%)