



WHATSheATE



Scallops with Miso, Ginger, and Grapefruit

READY IN



40 min.

SERVINGS



2

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon chives fresh thinly sliced
- ☐ 2 tablespoons ginger fresh minced
- ☐ 1 lb ruby grapefruit cut in half
- ☐ 2 servings salt and fresh-ground pepper
- ☐ 1 tablespoon miso paste white
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 8 ounces sea scallops dry thick rinsed (1 in.)

- ☐ 2 tablespoons shallots minced
- ☐ 1 tablespoon thyme leaves and oregano leaves fresh chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ blender
- ☐ tongs

Directions

- ☐ Squeeze juice from half the grapefruit and reserve. With a small, sharp knife, cut peel from second half, down to flesh (discard peels), then cut between inner membranes to release half-segments into a small bowl.
- ☐ In a blender, whirl grapefruit juice, miso, rice vinegar, and sake until smooth.
- ☐ In a 1- to 2-quart pan over medium heat, melt butter.
- ☐ Add shallots and ginger and sprinkle with salt and pepper. Stir often until shallots are limp, 3 to 4 minutes.
- ☐ Pour in miso mixture and stir until sauce is bubbling and slightly thickened, 2 to 3 minutes.
- ☐ On a plate, mix flour, thyme, oregano, and salt and pepper to taste. Coat scallops in mixture.
- ☐ Pour oil into a 10- to 12-inch nonstick frying pan over high heat and tilt pan to coat. When hot, set scallops in pan, spacing evenly. Cook, turning each scallop once with tongs, until golden brown on both sides and opaque but still moist-looking in the center (cut to test), about 4 minutes total.
- ☐ Transfer to a serving plate.
- ☐ Pour miso mixture into frying pan and stir, scraping bottom of pan to release browned bits, until bubbling, about 1 minute.
- ☐ Pour sauce around scallops and top with reserved grapefruit segments and the chives.

Nutrition Facts



 PROTEIN **15.35%**  FAT **52.68%**  CARBS **31.97%**

Properties

Glycemic Index:173, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:20.137825965881%

Flavonoids

Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 74.03mg, Naringenin: 74.03mg, Naringenin: 74.03mg, Naringenin: 74.03mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 2.96mg, Luteolin: 2.96mg, Luteolin: 2.96mg, Luteolin: 2.96mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 444.9kcal (22.25%), Fat: 26.91g (41.4%), Saturated Fat: 9.45g (59.05%), Carbohydrates: 36.75g (12.25%), Net Carbohydrates: 31.57g (11.48%), Sugar: 17.11g (19.01%), Cholesterol: 57.32mg (19.11%), Sodium: 1048.21mg (45.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.64g (35.28%), Vitamin C: 78.39mg (95.01%), Vitamin A: 3200.79IU (64.02%), Phosphorus: 453.46mg (45.35%), Vitamin B12: 1.63µg (27.16%), Selenium: 16.93µg (24.19%), Fiber: 5.18g (20.71%), Potassium: 652.25mg (18.64%), Vitamin E: 2.66mg (17.76%), Folate: 63.84µg (15.96%), Magnesium: 61.89mg (15.47%), Vitamin K: 15.19µg (14.47%), Vitamin B6: 0.28mg (14.1%), Manganese: 0.28mg (13.96%), Zinc: 1.58mg (10.55%), Iron: 1.88mg (10.43%), Vitamin B1: 0.15mg (10.3%), Vitamin B5: 0.96mg (9.61%), Copper: 0.19mg (9.32%), Vitamin B2: 0.15mg (9%), Calcium: 86.1mg (8.61%), Vitamin B3: 1.71mg (8.55%)