



Scallops with Mushrooms and Whiskey Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds bay scallops
- ☐ 0.3 cup heavy cream
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pound mushrooms quartered
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 scallions thinly sliced
- ☐ 2.5 tablespoons butter unsalted
- ☐ 0.3 cup irish whiskey

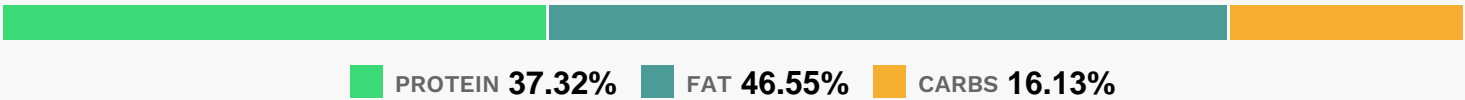
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Toss the mushrooms with the lemon juice. In a skillet, melt 1 tablespoon of the butter.
- ☐ Add the mushrooms, season with salt and pepper and cook over moderately high heat until they start to brown, about 2 minutes. Reduce the heat to moderate and cook until the mushrooms are deeply browned, about 6 minutes.
- ☐ Transfer to a large plate.
- ☐ Add 1 tablespoon of the butter to the skillet and melt over high heat.
- ☐ Add the scallops to the pan in an even layer and season with salt and pepper. Cook the scallops undisturbed until they start to brown and some juices are exuded, about 2 minutes. Stir briefly, then transfer the scallops and any accumulated juices to a bowl.
- ☐ Add the remaining 1/2 tablespoon of butter and the scallions to the skillet. Cook over moderately low heat, stirring, for 1 minute.
- ☐ Add the whiskey and carefully ignite it with a long match. When the flames die down, add the cream, mushrooms and any juices from the scallops. Simmer the sauce until slightly reduced.
- ☐ Add the scallops to the sauce, season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:1.01, Inflammation Score:-6, Nutrition Score:17.9543477245%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 309.46kcal (15.47%), Fat: 13.72g (21.1%), Saturated Fat: 8.2g (51.22%), Carbohydrates: 10.69g (3.56%), Net Carbohydrates: 9.24g (3.36%), Sugar: 3.08g (3.42%), Cholesterol: 76.44mg (25.48%), Sodium: 873.18mg (37.96%), Alcohol: 7.08g (100%), Alcohol %: 2.62% (100%), Protein: 24.75g (49.49%), Phosphorus: 681.7mg (68.17%), Selenium: 32.93µg (47.04%), Vitamin B12: 2.48µg (41.37%), Vitamin B2: 0.52mg (30.75%), Vitamin B3: 5.38mg (26.89%), Vitamin K: 25.93µg (24.69%), Potassium: 762.76mg (21.79%), Vitamin B5: 2.12mg (21.25%), Copper: 0.42mg (20.81%), Zinc: 2.23mg (14.89%), Folate: 55.78µg (13.95%), Magnesium: 51.47mg (12.87%), Vitamin B6: 0.26mg (12.83%), Vitamin A: 562.29IU (11.25%), Iron: 1.42mg (7.87%), Vitamin B1: 0.12mg (7.75%), Vitamin C: 6.18mg (7.49%), Fiber: 1.46g (5.83%), Manganese: 0.1mg (5.22%), Vitamin D: 0.6µg (3.97%), Calcium: 34.51mg (3.45%), Vitamin E: 0.42mg (2.82%)