



Scallops with Roasted Garlic Cream Sauce

 Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup chicken stock see
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 2 tablespoons parsley fresh chopped for garnish
- ☐ 1 head garlic cut in half
- ☐ 2 servings salt and ground pepper black to taste
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil

☐ 0.5 pound sea scallops

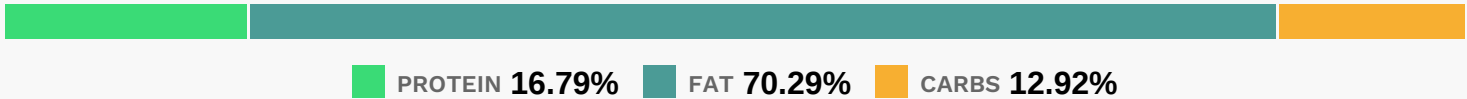
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Spoon 3 tablespoons olive oil over the cut sides of the garlic head; wrap tightly in aluminum foil.
- ☐ Roast in the preheated oven until the garlic is soft, about 30 minutes; set aside until cool enough to handle.
- ☐ Squeeze the roasted garlic cloves into a saucepan; pour the chicken stock into the saucepan and use a fork to mash the garlic into the stock. Cook the stock over high heat until the liquid is reduced in volume by half, about 10 minutes. Stir the cream into the stock and remove from heat; set aside.
- ☐ Melt the butter with 1 tablespoon olive oil in a large skillet over medium-high heat. Season the scallops with salt and pepper; sear in the hot butter and oil mixture until opaque, about 3 minutes per side.
- ☐ Remove from heat immediately.
- ☐ Stir the lemon juice into the cream sauce; spoon immediately onto 2 plates. Arrange the scallops on the plates.
- ☐ Garnish with the parsley to serve.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:16.438260715941%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 460.02kcal (23%), Fat: 36.28g (55.81%), Saturated Fat: 18.8g (117.51%), Carbohydrates: 15g (5%), Net Carbohydrates: 14.53g (5.28%), Sugar: 4g (4.45%), Cholesterol: 113.1mg (37.7%), Sodium: 682.05mg (29.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.49g (38.99%), Vitamin K: 72.85µg (69.38%), Phosphorus: 471.84mg (47.18%), Selenium: 21.01µg (30.02%), Vitamin B12: 1.71µg (28.43%), Vitamin A: 1395.8IU (27.92%), Vitamin B6: 0.36mg (17.9%), Vitamin C: 13.19mg (15.98%), Vitamin B2: 0.25mg (14.93%), Vitamin B3: 2.89mg (14.46%), Potassium: 504.1mg (14.4%), Manganese: 0.27mg (13.7%), Vitamin E: 1.81mg (12.05%), Zinc: 1.56mg (10.39%), Magnesium: 40.17mg (10.04%), Folate: 34.75µg (8.69%), Calcium: 83.18mg (8.32%), Copper: 0.15mg (7.39%), Iron: 1.28mg (7.14%), Vitamin B1: 0.1mg (6.37%), Vitamin D: 0.95µg (6.35%), Vitamin B5: 0.51mg (5.14%), Fiber: 0.47g (1.9%)