



## Scallops with Roasted Pepper Butter Sauce

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter chilled cut into small pieces
- 0.5 cup wine dry white
- 2 cups fat-free less-sodium chicken broth fat-free
- 2 pounds red bell peppers red
- 0.3 teaspoon salt
- 2.3 pounds sea scallops
- 1.5 teaspoons or dried fresh crumbled chopped

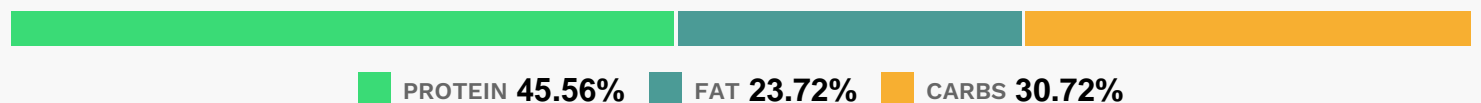
### Equipment

- frying pan
- baking sheet
- blender
- grill
- aluminum foil
- broiler
- ziploc bags
- skewers

## Directions

- Thread 5 scallops onto each of 6 (12-inch) skewers. Cover and chill.
- Preheat broiler.
- Cut peppers in half lengthwise; discard seeds and membranes.
- Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- Place in a zip-top plastic bag. Seal and let stand 10 minutes. Peel peppers, and discard skins.
- Place peppers, broth, and wine in a blender; process until smooth.
- Combine pepper mixture and basil in a skillet. Bring to a boil; cook until reduced to 1 1/2 cups (about 5 minutes). Reduce heat to medium-low; gradually add butter, stirring until melted. Cover and keep warm.
- Prepare grill.
- Sprinkle kabobs with salt; place on grill rack coated with cooking spray. Grill 2 1/2 minutes on each side or until done.
- Serve with bell pepper sauce.
- Garnish with fresh basil, if desired.

## Nutrition Facts



## Properties

Glycemic Index:16.17, Glycemic Load:1.98, Inflammation Score:0, Nutrition Score:23.578695722248%

## 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 Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 209.57kcal (10.48%), Fat: 5.2g (8%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 15.15g (5.05%), Net Carbohydrates: 11.98g (4.36%), Sugar: 6.66g (7.4%), Cholesterol: 50.86mg (16.95%), Sodium: 1110.21mg (48.27%), Alcohol: 2.06g (100%), Alcohol %: 0.62% (100%), Protein: 22.47g (44.95%), Vitamin C: 193.53mg (234.59%), Vitamin A: 4855.72IU (97.11%), Phosphorus: 620.48mg (62.05%), Vitamin B12: 2.56µg (42.63%), Selenium: 23.66µg (33.79%), Vitamin B6: 0.58mg (29.24%), Folate: 97.86µg (24.47%), Potassium: 705.77mg (20.16%), Vitamin E: 2.5mg (16.65%), Vitamin B3: 3.12mg (15.61%), Magnesium: 58.42mg (14.6%), Zinc: 1.97mg (13.13%), Fiber: 3.18g (12.7%), Manganese: 0.23mg (11.51%), Vitamin B2: 0.17mg (10.27%), Vitamin B5: 0.95mg (9.5%), Iron: 1.46mg (8.1%), Vitamin K: 7.82µg (7.44%), Vitamin B1: 0.1mg (6.67%), Copper: 0.08mg (4%), Calcium: 26.8mg (2.68%)