



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 cooking wine dry white
- 2 cups less-sodium chicken broth fat-free
- 2 pounds bell peppers red
- 0.3 teaspoon salt
- 2.3 pounds sea scallops
- 1.5 teaspoons or dried fresh crumbled chopped

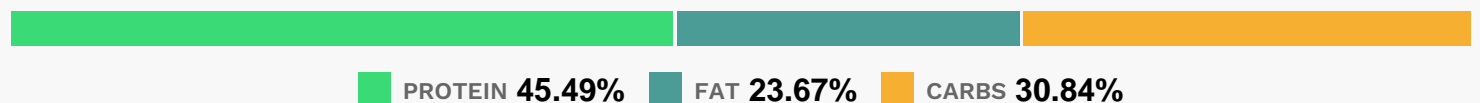
Equipment

- 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:-10, Nutrition Score:23.990434822829%

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: 210.15kcal (10.51%), Fat: 5.21g (8.02%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 12.01g (4.37%), Sugar: 6.66g (7.4%), Cholesterol: 50.86mg (16.95%), Sodium: 1110.4mg (48.28%), Alcohol: 2.06g (100%), Alcohol %: 0.62% (100%), Protein: 22.53g (45.06%), Vitamin C: 193.53mg (234.59%), Vitamin A: 4857.58IU (97.15%), Phosphorus: 621.16mg (62.12%), Vitamin B12: 2.56µg (42.63%), Selenium: 23.66µg (33.8%), Vitamin B6: 0.59mg (29.41%), Folate: 98.64µg (24.66%), Potassium: 712.34mg (20.35%), Vitamin E: 2.52mg (16.83%), Vitamin B3: 3.13mg (15.67%), Magnesium: 60.2mg (15.05%), Zinc: 1.99mg (13.25%), Fiber: 3.27g (13.08%), Manganese: 0.25mg (12.74%), Vitamin K: 12.1µg (11.53%), Vitamin B2: 0.18mg (10.44%), Vitamin B5: 0.95mg (9.52%), Iron: 1.68mg (9.35%), Vitamin B1: 0.1mg (6.69%), Copper: 0.09mg (4.27%), Calcium: 32.4mg (3.24%)