



Scallops with Tarragon Butter Sauce

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 tablespoons butter
- 0.3 cup cooking wine dry white
- 2 tablespoons tarragon fresh chopped
- 0.3 teaspoon fresh-ground pepper black
- 1 lemon zest grated
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1.5 pounds sea scallops dried well

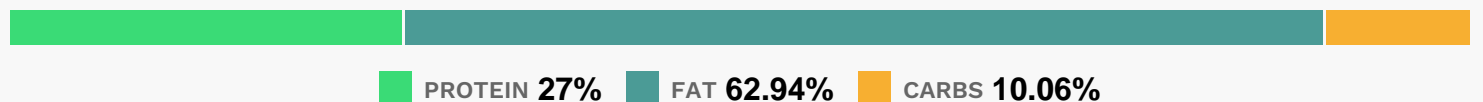
Equipment

- frying pan
- whisk

Directions

- In a large nonstick frying pan, heat 1 tablespoon of the oil with 1/2 tablespoon of the butter over moderate heat. Season the scallops with 1/2 teaspoon of the salt and the pepper. Put half the scallops in the pan. Cook until browned, about 2 minutes. Turn and cook until browned on the second side and just done, 1 to 2 minutes.
- Remove.
- Heat the remaining 1 tablespoon oil with 1/2 tablespoon of the butter in the pan and cook the remaining scallops.
- Remove.
- Wipe out the pan.
- Put the pan over moderately low heat and add the wine. Boil until reduced to approximately 2 tablespoons, 1 to 2 minutes. Reduce the heat to the lowest setting.
- Whisk the remaining 4 tablespoons butter into the wine. The butter should not melt completely but just soften to form a smooth sauce.
- Add the remaining 1/2 teaspoon salt, the lemon zest, and the tarragon.
- Pour the sauce over the scallops.
- Wine Recommendation: For an extra dimension of flavor with this classic shellfish dish, try a pinot gris. Exciting examples are now coming out of Oregon.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:1.15, Inflammation Score:-6, Nutrition Score:12.089999960816%

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, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 332.47kcal (16.62%), Fat: 22.29g (34.29%), Saturated Fat: 10.25g (64.04%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 7.57g (2.75%), Sugar: 0.27g (0.3%), Cholesterol: 78.45mg (26.15%), Sodium: 1364.1mg (59.31%), Alcohol: 2.06g (100%), Alcohol %: 1.18% (100%), Protein: 21.51g (43.02%), Phosphorus: 587.26mg (58.73%), Vitamin B12: 2.43µg (40.47%), Selenium: 22.14µg (31.63%), Manganese: 0.35mg (17.43%), Potassium: 477.05mg (13.63%), Magnesium: 52.37mg (13.09%), Vitamin A: 590.86IU (11.82%), Zinc: 1.73mg (11.54%), Vitamin B6: 0.22mg (11.1%), Iron: 1.9mg (10.57%), Vitamin E: 1.42mg (9.46%), Folate: 37.75µg (9.44%), Vitamin B3: 1.55mg (7.73%), Calcium: 59.06mg (5.91%), Vitamin K: 5.72µg (5.45%), Vitamin B2: 0.08mg (4.87%), Vitamin C: 3.68mg (4.47%), Vitamin B5: 0.4mg (4%), Copper: 0.07mg (3.36%), Fiber: 0.45g (1.8%), Vitamin B1: 0.02mg (1.57%)