



Scallops with Tarragon Cream and Wilted Butter Lettuce

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small head boston lettuce separated
- ☐ 0.5 cup wine dry white
- ☐ 4 teaspoons tarragon fresh divided chopped
- ☐ 1.5 teaspoons pernod
- ☐ 8 large scallops dry
- ☐ 0.3 cup shallots minced
- ☐ 2 tablespoons butter unsalted divided ()

☐ 0.3 cup whipping cream

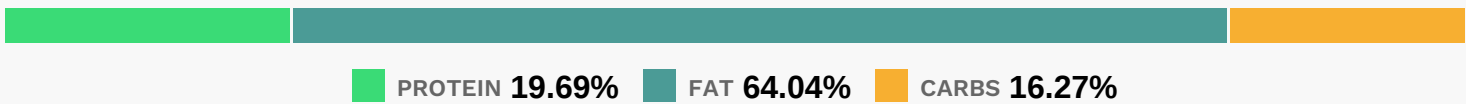
Equipment

☐ frying pan

Directions

- ☐ Melt 1 tablespoon butter in small skillet over medium heat.
- ☐ Add shallots; sauté 3 minutes.
- ☐ Add wine; boil until reduced by half, about 2 minutes.
- ☐ Add cream, 3 teaspoons tarragon, and Pernod, if using. Simmer until sauce coats back of spoon, about 2 minutes. Season with salt and pepper; set aside.
- ☐ Melt 1 tablespoon butter in large nonstick skillet over medium-high heat.
- ☐ Sprinkle scallops with salt and pepper; cook until brown and almost cooked through, about 2 minutes per side.
- ☐ Transfer scallops to plate.
- ☐ Add lettuce to drippings in skillet; toss until beginning to wilt, about 1 minute. Spoon sauce onto 2 plates; divide lettuce between plates.
- ☐ Place 4 scallops on each plate; sprinkle with remaining 1 teaspoon tarragon.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:2.64, Inflammation Score:-10, Nutrition Score:21.228260745173%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 420.8kcal (21.04%), Fat: 26.76g (41.17%), Saturated Fat: 16.57g (103.58%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 13.17g (4.79%), Sugar: 4.84g (5.37%), Cholesterol: 103.72mg (34.57%), Sodium: 495.79mg (21.56%), Alcohol: 7.6g (100%), Alcohol %: 2.73% (100%), Protein: 18.51g (37.02%), Vitamin K: 86.1µg (82%), Vitamin A: 3805.02IU (76.1%), Phosphorus: 495.28mg (49.53%), Manganese: 0.64mg (32.16%), Vitamin B12: 1.78µg (29.65%), Folate: 102.32µg (25.58%), Selenium: 17.77µg (25.39%), Potassium: 743.26mg (21.24%), Vitamin B6: 0.4mg (19.86%), Iron: 3.32mg (18.44%), Magnesium: 66.14mg (16.54%), Vitamin B2: 0.22mg (12.73%), Calcium: 127.17mg (12.72%), Zinc: 1.71mg (11.4%), Vitamin C: 7.62mg (9.24%), Fiber: 2.14g (8.56%), Vitamin B3: 1.65mg (8.24%), Vitamin B1: 0.09mg (6.3%), Vitamin B5: 0.61mg (6.1%), Vitamin E: 0.85mg (5.66%), Vitamin D: 0.84µg (5.63%), Copper: 0.1mg (5.18%)