

## Scallops with White Wine Sauce I

 **Gluten Free**

READY IN

ready

**40 min.**

SERVINGS

servings

**24**

CALORIES

calories

**86 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.8 cup butter
- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon olive oil
- ☐ 24 servings salt and pepper to taste
- ☐ 24 sea scallops
- ☐ 1 tablespoon shallots
- ☐ 0.3 cup white wine
- ☐ 0.3 cup citrus champagne vinegar

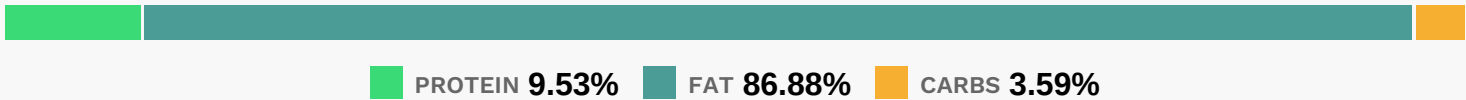
# Equipment

- ☐ sauce pan
- ☐ oven
- ☐ broiler

# Directions

- ☐ In a medium saucepan, combine white wine, wine vinegar, and shallots. Cook until liquid is almost evaporated, approximately 1 tablespoon left. Stir in heavy cream and let boil down until reduced by half. Stir in butter 1 tablespoon at a time, allowing each to melt before adding the next. Keep warm while preparing the scallops.
- ☐ Preheat oven on broiler setting.
- ☐ Brush scallops with olive oil and sprinkle with salt and pepper.
- ☐ Place under preheated broiler for 2 minutes on each side, until scallops are opaque, with a bit of brown around the edges.
- ☐ Place a spoonful of sauce on each plate, and top with 4 scallops.

# Nutrition Facts



# Properties

Glycemic Index:3.96, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:1.3004347800237%

# Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

# Nutrients (% of daily need)

Calories: 86.05kcal (4.3%), Fat: 8.2g (12.62%), Saturated Fat: 4.89g (30.54%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.21g (0.23%), Cholesterol: 24.45mg (8.15%), Sodium: 299.93mg (13.04%), Alcohol: 0.26g (100%), Alcohol %: 0.97% (100%), Protein: 2.02g (4.05%), Phosphorus: 55.58mg (5.56%), Vitamin A: 250.63IU (5.01%), Vitamin B12: 0.23µg (3.86%), Selenium: 2.15µg (3.07%), Vitamin E: 0.29mg (1.96%), Potassium: 41.35mg (1.18%), Zinc: 0.16mg (1.07%), Magnesium: 4.23mg (1.06%)