



Scallops with White Wine Sauce II

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup chicken broth
- ☐ 1 clove garlic minced
- ☐ 0.5 juice of lemon juiced
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound sea scallops
- ☐ 1 tablespoon shallots minced

☐ 0.3 cup white wine

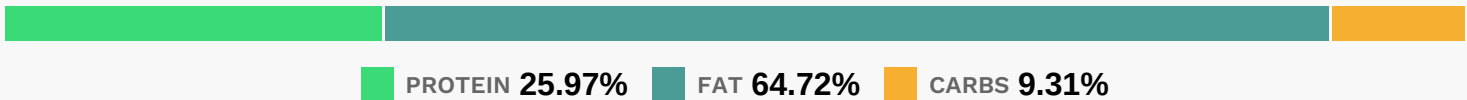
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat the oven broiler.
- ☐ In a skillet over medium heat, mix the chicken broth, wine, lemon juice, shallot, and garlic. Cook and stir until most of the liquid has been reduced. Stir in the butter until melted.
- ☐ Brush the scallops with olive oil, and season with salt and pepper. Arrange on a baking sheet.
- ☐ Broil the scallops in the preheated oven about 2 minutes on each side, or until opaque.
- ☐ Serve with the wine sauce.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:6.9482608748519%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 228.71kcal (11.44%), Fat: 15.64g (24.06%), Saturated Fat: 7.93g (49.54%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.95g (1.8%), Sugar: 0.58g (0.64%), Cholesterol: 58.31mg (19.44%), Sodium: 839.8mg (36.51%), Alcohol: 1.54g (100%), Alcohol %: 1.07% (100%), Protein: 14.12g (28.24%), Phosphorus: 388.98mg (38.9%), Vitamin

B12: 1.63µg (27.15%), Selenium: 14.93µg (21.33%), Potassium: 267.1mg (7.63%), Zinc: 1.1mg (7.36%), Vitamin A: 358.93IU (7.18%), Magnesium: 27.97mg (6.99%), Vitamin E: 0.85mg (5.68%), Vitamin B6: 0.11mg (5.52%), Folate: 20.34µg (5.09%), Vitamin B3: 0.9mg (4.49%), Manganese: 0.07mg (3.56%), Iron: 0.56mg (3.12%), Vitamin K: 3.19µg (3.04%), Vitamin B5: 0.29mg (2.85%), Vitamin B2: 0.04mg (2.55%), Vitamin C: 1.89mg (2.29%), Copper: 0.04mg (1.81%), Calcium: 15.4mg (1.54%), Vitamin B1: 0.02mg (1.3%)