



Scallops with Yogurt and Fennel

READY IN



35 min.

SERVINGS



35

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 fennel bulbs cut into 8 wedges through the core
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 35 servings saffron threads
- ☐ 35 servings salt and pepper freshly ground
- ☐ 16 medium sea scallops
- ☐ 1 large shallots minced
- ☐ 0.3 cup whole-milk yogurt plain with salt
- ☐ 1 thyme sprig

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup vegetable stock

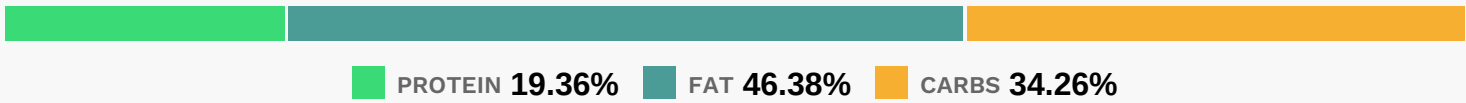
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a large skillet, heat 1 tablespoon of the olive oil.
- ☐ Add the fennel, cut side down, season with salt and pepper and cook over moderately high heat, turning once, until browned on 2 sides, 6 minutes.
- ☐ Add the remaining 1 tablespoon of olive oil and the shallot, garlic, thyme and saffron and cook, stirring, until the shallot is softened, 1 minute.
- ☐ Add the stock, cover and simmer over low heat, turning once, until the fennel is tender, 12 minutes. Season with salt and pepper; discard the thyme.
- ☐ In another large skillet, heat the vegetable oil. Season the scallops with salt and pepper and add to the skillet. Cook over high heat until richly browned outside but barely cooked within, about 1 minute per side.
- ☐ Using a slotted spoon, transfer the fennel to plates.
- ☐ Serve the scallops, salted yogurt and fennel juices alongside.

Nutrition Facts



Properties

Glycemic Index:7.57, Glycemic Load:0.74, Inflammation Score:-1, Nutrition Score:2.2991304280965%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 24.3kcal (1.22%), Fat: 1.31g (2.02%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.7g (0.62%), Sugar: 0.75g (0.83%), Cholesterol: 1.68mg (0.56%), Sodium: 244mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Manganese: 0.32mg (15.77%), Vitamin K: 9.6µg (9.15%), Phosphorus: 35.45mg (3.54%), Vitamin C: 2.56mg (3.1%), Potassium: 94.07mg (2.69%), Fiber: 0.48g (1.93%), Vitamin B12: 0.11µg (1.79%), Magnesium: 6.98mg (1.74%), Selenium: 1.11µg (1.59%), Folate: 6.11µg (1.53%), Vitamin E: 0.22mg (1.5%), Iron: 0.26mg (1.43%), Vitamin B6: 0.03mg (1.3%), Calcium: 12.22mg (1.22%)