



Screaming Martini Scallops

 **Gluten Free**

READY IN



30 min.

SERVINGS



2

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons butter
- ☐ 2 tablespoons capers drained
- ☐ 0.3 cup vermouth dry
- ☐ 1 tablespoon garlic-flavored olive oil
- ☐ 0.5 teaspoon onion powder
- ☐ 1.5 teaspoons pepper flakes red
- ☐ 16 sea scallops dried well
- ☐ 2 servings sea salt and cracked pepper black to taste

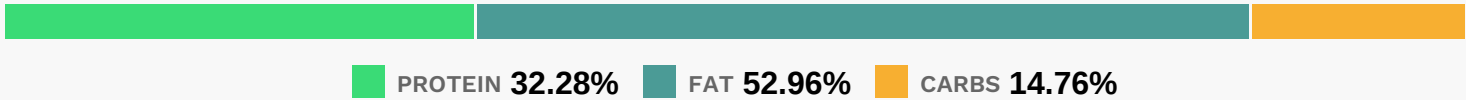
Equipment

☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium heat; melt butter in the hot oil. Arrange scallops in the skillet, leaving space between each, and season with onion powder, sea salt, and black pepper. Cook scallops until lightly browned, about 4 minutes per side.
- ☐ Turn heat up to high and add vermouth, capers, and red pepper flakes to the skillet. Shake the pan to flip scallops and distribute capers and red pepper flakes. Cook until scallops are golden brown, glazed, and the vermouth has nearly evaporated, 5 to 8 minutes.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:8.1530435214872%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 10.51mg, Kaempferol: 10.51mg, Kaempferol: 10.51mg, Kaempferol: 10.51mg Quercetin: 13.8mg, Quercetin: 13.8mg, Quercetin: 13.8mg, Quercetin: 13.8mg

Nutrients (% of daily need)

Calories: 211.34kcal (10.57%), Fat: 10.92g (16.8%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 5.99g (2.18%), Sugar: 0.18g (0.2%), Cholesterol: 36.86mg (12.29%), Sodium: 934.93mg (40.65%), Alcohol: 3.8g (100%), Alcohol %: 2.66% (100%), Protein: 14.97g (29.95%), Phosphorus: 408.61mg (40.86%), Vitamin B12: 1.7µg (28.31%), Selenium: 15.87µg (22.67%), Vitamin E: 1.74mg (11.59%), Vitamin A: 553.IIU (11.06%), Potassium: 284.39mg (8.13%), Zinc: 1.21mg (8.04%), Magnesium: 31.92mg (7.98%), Vitamin K: 8.05µg (7.67%), Vitamin B6: 0.12mg (6.23%), Folate: 21.89µg (5.47%), Vitamin B3: 1.07mg (5.36%), Iron: 0.91mg (5.06%), Copper: 0.08mg (3.78%), Fiber: 0.85g (3.42%), Manganese: 0.06mg (2.96%), Vitamin B5: 0.28mg (2.81%), Vitamin B2: 0.04mg (2.64%), Calcium: 18.36mg (1.84%), Vitamin B1: 0.02mg (1.07%)