



Sea Scallops with Cilantro Gremolata and Ginger Lime Beurre Blanc

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup wine dry white
- ☐ 1.5 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 small garlic clove minced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.8 teaspoon lime zest finely grated
- ☐ 1 tablespoon olive oil
- ☐ 1.5 pounds scallops

- ☐ 2 tablespoons shallots minced
- ☐ 0.5 cup butter unsalted cold cut into tablespoon pieces
- ☐ 4 servings pepper white

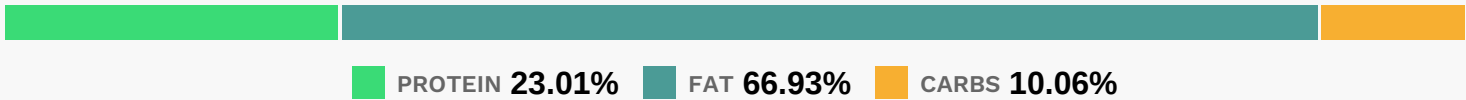
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Stir together cilantro, garlic, and zest in a small bowl.
- ☐ Simmer shallot and ginger in lime juice and wine in a small heavy saucepan until liquid is reduced to about 2 tablespoons.
- ☐ Whisk in butter 1 tablespoon at a time, adding each new piece before previous one has completely melted and occasionally lifting pan from heat to cool mixture. (Sauce must not get too hot or it will separate.)
- ☐ Pour sauce through a fine sieve into a bowl (discard solids), then return to cleaned pan. Season with salt and white pepper and keep warm while cooking scallops.
- ☐ Pat scallops dry and season with salt and pepper.
- ☐ Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté scallops, turning once, until golden and just cooked through, 4 to 5 minutes total.
- ☐ Sprinkle scallops with gremolata and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:11.079565151878%

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: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg 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: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 377.65kcal (18.88%), Fat: 27.41g (42.17%), Saturated Fat: 15.29g (95.57%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 8.51g (3.09%), Sugar: 0.76g (0.84%), Cholesterol: 101.83mg (33.94%), Sodium: 671.85mg (29.21%), Alcohol: 1.54g (100%), Alcohol %: 0.83% (100%), Protein: 21.2g (42.4%), Phosphorus: 587.02mg (58.7%), Vitamin B12: 2.45µg (40.78%), Selenium: 22.31µg (31.88%), Vitamin A: 730.4IU (14.61%), Potassium: 401.69mg (11.48%), Zinc: 1.65mg (11.02%), Magnesium: 43.49mg (10.87%), Vitamin B6: 0.17mg (8.29%), Manganese: 0.16mg (8.17%), Vitamin E: 1.19mg (7.96%), Folate: 31.39µg (7.85%), Vitamin B3: 1.26mg (6.31%), Iron: 1.09mg (6.03%), Vitamin C: 4.58mg (5.55%), Vitamin K: 4.74µg (4.52%), Vitamin B5: 0.44mg (4.38%), Copper: 0.07mg (3.64%), Fiber: 0.76g (3.04%), Calcium: 28.71mg (2.87%), Vitamin D: 0.43µg (2.84%), Vitamin B2: 0.04mg (2.57%), Vitamin B1: 0.02mg (1.47%)