



Sea Scallops with Cilantro Gremolata and Ginger Lime Beurre Blanc

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 1.5 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 tablespoon ginger fresh finely grated peeled
- ☐ 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 sea scallops
- ☐ 2 tablespoons shallots minced
- ☐ 0.5 cup butter unsalted cold cut into tablespoon pieces
- ☐ 4 servings bell pepper white

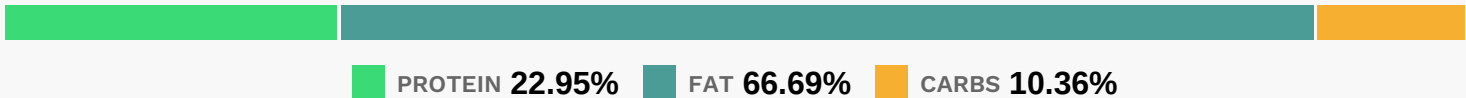
Equipment

- ☐ 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:38.5, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:11.149565085121%

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 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: 379.05kcal (18.95%), Fat: 27.42g (42.19%), Saturated Fat: 15.3g (95.59%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 8.79g (3.19%), Sugar: 0.79g (0.88%), Cholesterol: 101.83mg (33.94%), Sodium: 672.08mg (29.22%), Alcohol: 1.54g (100%), Alcohol %: 0.82% (100%), Protein: 21.23g (42.46%), Phosphorus: 587.61mg (58.76%), Vitamin B12: 2.45µg (40.78%), Selenium: 22.33µg (31.89%), Vitamin A: 730.4IU (14.61%), Potassium: 408.95mg (11.68%), Magnesium: 44.24mg (11.06%), Zinc: 1.66mg (11.06%), Vitamin B6: 0.17mg (8.43%), Manganese: 0.17mg (8.37%), Vitamin E: 1.2mg (7.99%), Folate: 31.58µg (7.89%), Vitamin B3: 1.27mg (6.37%), Iron: 1.1mg (6.09%), Vitamin C: 4.67mg (5.66%), Vitamin K: 4.74µg (4.52%), Vitamin B5: 0.44mg (4.42%), Copper: 0.08mg (3.83%), Fiber: 0.79g (3.18%), Calcium: 28.99mg (2.9%), Vitamin D: 0.43µg (2.84%), Vitamin B2: 0.04mg (2.61%), Vitamin B1: 0.02mg (1.5%)