



Sea Scallops with Corn Coulis and Tomatoes

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.8 cup regular corn (from 2 large ears)
- ☐ 1 teaspoon basil fresh finely chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon garlic finely chopped
- ☐ 0.5 cup milk 1%
- ☐ 4 teaspoons olive oil
- ☐ 0.5 lb plum tomatoes seeded cut into 1/4-inch dice (1 cup)

- ☐ 0.3 teaspoon salt
- ☐ 30 large scallops ()
- ☐ 1 teaspoon shallots finely chopped

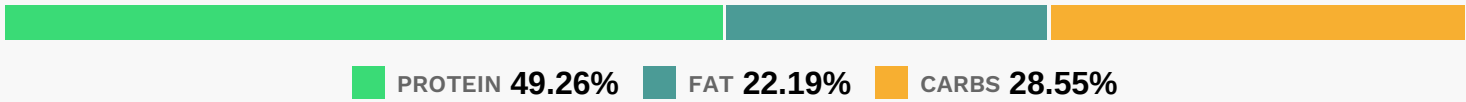
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Cook shallot and garlic in 2 teaspoons oil in a small skillet over moderately low heat, stirring, until softened, about 1 minute.
- ☐ Add corn, basil, salt, and pepper and cook, stirring occasionally, until corn is tender and beginning to lightly brown on edges, about 4 minutes.
- ☐ Add milk and scrape up any brown bits from bottom of skillet, then remove from heat.
- ☐ Purée corn mixture in a blender at medium speed until very smooth, about 1 minute. Force purée through a fine-mesh sieve into a small saucepan, pressing hard on and then discarding solids. Cover coulis until ready to serve.
- ☐ Toss tomatoes with parsley and salt and pepper to taste in a bowl.
- ☐ Pat scallops dry and season with salt and pepper.
- ☐ Heat remaining 2 teaspoons oil in a 12-inch nonstick heavy skillet over moderately high heat until hot but not smoking, then sauté half of scallops, turning over once, until golden and just cooked through, 4 to 5 minutes total.
- ☐ Transfer to a platter and keep warm, loosely covered with foil. Sauté remaining scallops in same manner.
- ☐ Reheat coulis over low heat, covered, then spoon 2 tablespoons onto center of each of 6 plates. Arrange 5 scallops per plate in a circle on coulis, then spoon tomatoes into center.
- ☐ Each serving contains about 222 calories and 5 grams fat.

Nutrition Facts



Properties

Glycemic Index:47.92, Glycemic Load:2.41, Inflammation Score:-5, Nutrition Score:11.109999998839%

Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 161.59kcal (8.08%), Fat: 3.96g (6.09%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 10.5g (3.82%), Sugar: 2.88g (3.2%), Cholesterol: 36.98mg (12.33%), Sodium: 695.14mg (30.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.78g (39.57%), Phosphorus: 546mg (54.6%), Vitamin B12: 2.23µg (37.25%), Selenium: 19.68µg (28.11%), Vitamin K: 15.76µg (15.01%), Potassium: 476.28mg (13.61%), Magnesium: 45.04mg (11.26%), Zinc: 1.64mg (10.96%), Vitamin A: 465.83IU (9.32%), Vitamin B6: 0.18mg (9.09%), Folate: 35.64µg (8.91%), Vitamin C: 7.19mg (8.72%), Vitamin B3: 1.64mg (8.18%), Vitamin B5: 0.58mg (5.85%), Manganese: 0.11mg (5.56%), Iron: 0.83mg (4.59%), Vitamin E: 0.62mg (4.1%), Vitamin B2: 0.07mg (4.07%), Calcium: 39.71mg (3.97%), Fiber: 0.96g (3.85%), Vitamin B1: 0.05mg (3.64%), Copper: 0.07mg (3.44%), Vitamin D: 0.22µg (1.44%)