



HEALTH SCORE

63%

Sea Scallops with Ham-Braised Cabbage and Kale



Gluten Free



Dairy Free



Very Healthy

READY IN



4500 min.

SERVINGS



6

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup wine dry white
- ☐ 2 cloves garlic finely chopped
- ☐ 6 servings ham
- ☐ 12 cups kale green loosely packed coarsely chopped (1 large bunch)
- ☐ 1 teaspoon juice of lemon fresh to taste
- ☐ 5 tablespoons olive oil extra virgin extra-virgin

- ☐ 2 cups onion chopped
- ☐ 1 teaspoon salt
- ☐ 2 pounds savoy cabbage loosely packed cored coarsely chopped quartered (12 cups)
- ☐ 30 large scallops ()
- ☐ 6 servings grits stone-ground
- ☐ 1 bay leaves

Equipment

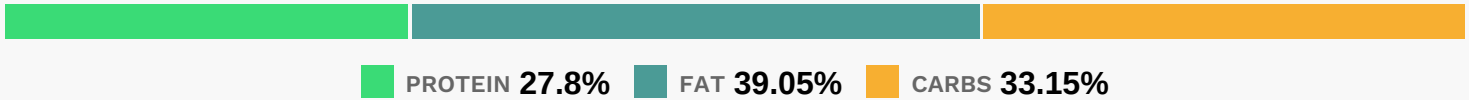
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Cook onion in 3 tablespoons oil with bay leaf in a 6- to 8-quart heavy pot over moderate heat, stirring occasionally, until beginning to soften, about 3 minutes.
- ☐ Add garlic and cook, stirring occasionally, 1 minute.
- ☐ Add cabbage and increase heat to moderately high, then sauté, stirring occasionally, until cabbage starts to wilt, about 5 minutes.
- ☐ Add stock (with meat from ham hocks) and simmer, partially covered, stirring occasionally, until cabbage is tender, about 30 minutes.
- ☐ Stir in kale, 1/2 teaspoon salt, and 1/4 teaspoon pepper and simmer, partially covered, stirring occasionally, until kale is tender, about 15 minutes.
- ☐ Preheat oven to 200°F.
- ☐ Pat scallops dry and sprinkle both sides with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper (total).
- ☐ Heat remaining 2 tablespoons oil in a 12-inch heavy nonstick skillet over moderately high heat until hot but not smoking, then sauté scallops (without crowding), in 2 batches if necessary, turning over once, until golden and just cooked through, about 5 minutes total per batch.
- ☐ Transfer scallops to a shallow baking dish and keep warm in oven.

- ☐
- Add wine to skillet and deglaze by boiling, stirring and scraping up any brown bits from bottom of skillet, until liquid is reduced to about 2/3 cup. Stir in 1 teaspoon lemon juice, then add sauce to cabbage mixture. Season with salt, pepper, and additional lemon juice if desired.
- ☐
- Pour any scallop juices accumulated in baking dish into cabbage mixture, then serve mixture spooned over grits and topped with scallops.
- ☐
- Cabbage mixture can be made 1 day ahead and cooled completely, uncovered, then chilled, covered. Reheat and add pan juices from scallops before serving.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:2.86, Inflammation Score:-10, Nutrition Score:41.16304321911%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 1.06mg, Apigenin: 1.06mg, Apigenin: 1.06mg, Apigenin: 1.06mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 12.58mg, Isorhamnetin: 12.58mg, Isorhamnetin: 12.58mg, Isorhamnetin: 12.58mg Kaempferol: 21.2mg, Kaempferol: 21.2mg, Kaempferol: 21.2mg, Kaempferol: 21.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 20.89mg, Quercetin: 20.89mg, Quercetin: 20.89mg, Quercetin: 20.89mg

Nutrients (% of daily need)

Calories: 669.67kcal (33.48%), Fat: 27.97g (43.03%), Saturated Fat: 7.07g (44.16%), Carbohydrates: 53.42g (17.81%), Net Carbohydrates: 45.41g (16.51%), Sugar: 6.7g (7.44%), Cholesterol: 88.7mg (29.57%), Sodium: 2054.1mg (89.31%), Alcohol: 4.12g (100%), Alcohol %: 0.91% (100%), Protein: 44.81g (89.61%), Vitamin K: 275.63µg (262.5%), Vitamin A: 5798.88IU (115.98%), Vitamin C: 90.69mg (109.93%), Phosphorus: 822.52mg (82.25%), Selenium: 47.32µg (67.6%), Vitamin B1: 0.75mg (50.28%), Vitamin B6: 0.94mg (46.82%), Folate: 186.29µg (46.57%), Vitamin B12: 2.66µg (44.32%), Manganese: 0.78mg (39.19%), Potassium: 1211.58mg (34.62%), Fiber: 8.01g (32.04%), Vitamin B3: 6.38mg (31.89%), Magnesium: 125.82mg (31.46%), Zinc: 4.22mg (28.15%), Vitamin B2: 0.44mg (25.83%), Calcium: 194.29mg (19.43%), Iron: 3.31mg (18.37%), Vitamin E: 2.53mg (16.9%), Copper: 0.28mg (13.92%), Vitamin B5: 1.31mg (13.14%), Vitamin D: 0.6µg (3.97%)