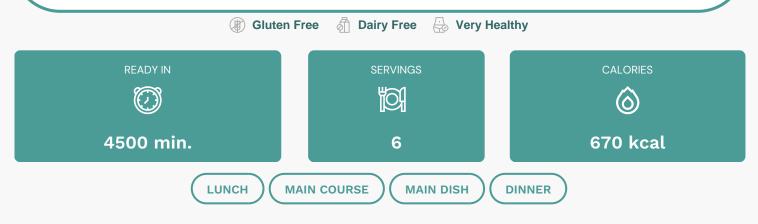


Sea Scallops with Ham-Braised Cabbage and Kale



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	
D :		
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	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
DECTEIN 27 8% EAT 30 05% CARRS 33 15%

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: 0.28mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 1.06mg, Apigenin: 12.58mg, 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.

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%)