



Sea Scallops With Lemony Butter Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups angel hair hot cooked uncooked (12 ounces pasta)
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 0.3 cup cooking wine dry white
- 2 tablespoons flat-leaf parsley fresh chopped
- 2 garlic cloves minced
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon paprika
- 0.3 teaspoon salt

1.5 pounds sea scallops

Equipment

frying pan

Directions

Sprinkle scallops with paprika, pepper, and garlic.

Heat a large nonstick skillet over medium- high heat until hot. Melt 1 tablespoon butter in pan; add half of scallops. Cook scallops 2 minutes on each side.

Transfer to a serving platter; keep warm. Repeat with remaining butter and scallops.

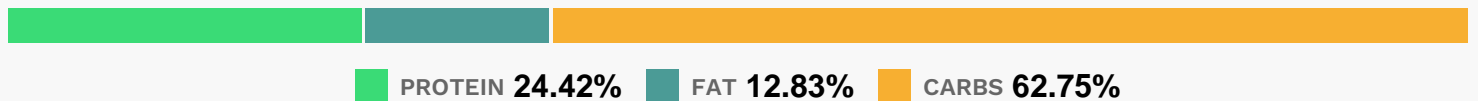
Add wine, lemon juice, and salt to pan; let simmer 30 seconds or until liquid is reduced to a glaze.

Pour over scallops; sprinkle with parsley.

Serve immediately on pasta.

Garnish with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:22.67, Inflammation Score:-5, Nutrition Score:15.819565379101%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 401.9kcal (20.1%), Fat: 5.52g (8.5%), Saturated Fat: 2.76g (17.26%), Carbohydrates: 60.78g (20.26%), Net Carbohydrates: 58.22g (21.17%), Sugar: 2.27g (2.52%), Cholesterol: 37.25mg (12.42%), Sodium: 577.52mg (25.11%), Alcohol: 1.03g (100%), Alcohol %: 0.62% (100%), Protein: 23.66g (47.31%), Selenium: 62.13µg (88.76%), Phosphorus: 526.78mg (52.68%), Manganese: 0.75mg (37.59%), Vitamin B12: 1.61µg (26.78%), Vitamin K: 22.6µg (21.52%), Magnesium: 67.45mg (16.86%), Zinc: 2.14mg (14.28%), Copper: 0.25mg (12.57%), Potassium: 429.41mg (12.27%), Vitamin B6: 0.21mg (10.71%), Vitamin B3: 2.13mg (10.66%), Fiber: 2.56g (10.24%), Iron: 1.58mg (8.79%), Folate: 35.04µg (8.76%), Vitamin A: 315.28IU (6.31%), Vitamin B5: 0.6mg (6%), Vitamin B1: 0.08mg (5.41%), Vitamin C: 4.02mg (4.87%), Vitamin B2: 0.07mg (4.14%), Calcium: 29.33mg (2.93%), Vitamin E: 0.26mg (1.72%)