



Sea Scallops with Mushrooms and Sherry

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 1 lb crimini mushrooms quartered
- ☐ 0.7 cup sherry
- ☐ 2 garlic clove finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 1.5 lb scallops

- ☐ 0.3 cup shallots finely chopped
- ☐ 1 tablespoon soya sauce
- ☐ 0.3 cup butter unsalted

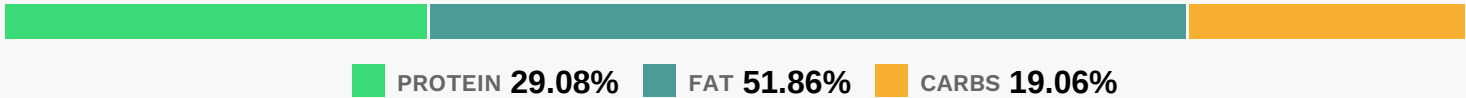
Equipment

- ☐ frying pan

Directions

- ☐ Pat scallops dry and sprinkle with pepper and 1/4 teaspoon salt.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook scallops, turning over once, until browned well and just cooked through, 5 to 7 minutes total.
- ☐ Transfer to a platter and loosely cover.
- ☐ Heat 2 tablespoons butter in skillet over moderately high heat until foam subsides, then sauté mushrooms, stirring occasionally, until golden, about 4 minutes.
- ☐ Add shallots and garlic and sauté, stirring, 2 minutes.
- ☐ Add Sherry, vinegar, soy sauce, and remaining 1/4 teaspoon salt and simmer, uncovered, stirring occasionally, 2 minutes.
- ☐ Cut remaining 2 tablespoons butter into small pieces.
- ☐ Remove skillet from heat and stir in butter until incorporated. Spoon sauce over scallops.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:1.48, Inflammation Score:-6, Nutrition Score:20.792173841725%

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 Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 361.53kcal (18.08%), Fat: 19.49g (29.98%), Saturated Fat: 8.49g (53.08%), Carbohydrates: 16.11g (5.37%), Net Carbohydrates: 14.72g (5.35%), Sugar: 4.58g (5.09%), Cholesterol: 71.33mg (23.78%), Sodium: 1222.89mg (53.17%), Alcohol: 4.12g (100%), Alcohol %: 1.39% (100%), Protein: 24.58g (49.17%), Selenium: 51.93µg (74.18%), Phosphorus: 735.64mg (73.56%), Vitamin B12: 2.54µg (42.26%), Vitamin B2: 0.6mg (35.56%), Copper: 0.64mg (32%), Vitamin B3: 5.78mg (28.91%), Potassium: 975.37mg (27.87%), Vitamin B5: 2.18mg (21.84%), Zinc: 2.98mg (19.84%), Vitamin B6: 0.37mg (18.26%), Manganese: 0.36mg (17.82%), Folate: 63.96µg (15.99%), Magnesium: 58.82mg (14.71%), Vitamin B1: 0.14mg (9.33%), Iron: 1.66mg (9.2%), Vitamin E: 1.36mg (9.05%), Vitamin A: 360.91IU (7.22%), Fiber: 1.39g (5.58%), Vitamin K: 5.65µg (5.38%), Calcium: 50.14mg (5.01%), Vitamin C: 2.05mg (2.48%), Vitamin D: 0.33µg (2.17%)