



Sea Scallops with Vermouth

 **Gluten Free**  **Dairy Free**

READY IN



14 min.

SERVINGS



4

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 28 ounce artichoke hearts drained quartered canned
- 2 tablespoons capers drained
- 0.5 cup mirin dry
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- 3 tablespoons olive oil extra virgin extra-virgin
- 0.3 cup parsley chopped
- 4 servings salt and pepper
- 16 scallops

1 shallots chopped

Equipment

frying pan

Directions

Heat a large nonstick skillet over medium high heat.

Add 2 turns of the pan of olive oil, about 2 tablespoons and the chopped shallots to the pan. Cook shallots in oil a minute or so, add artichoke hearts and toss to heat through. Season artichokes with salt and pepper and combine with parsley and capers.

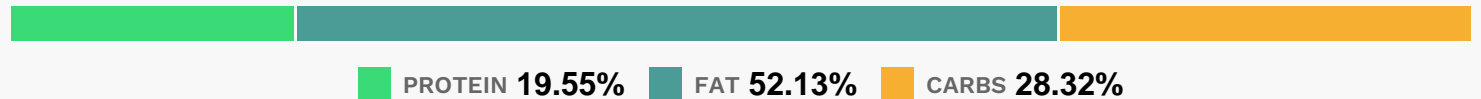
Transfer artichokes to a serving dish.

Wipe out pan and return to the heat, raising heat a bit. Season drained and trimmed scallops with salt and pepper.

Add 1 turn of olive oil to the very hot pan and immediately place the scallops in the pan. Sear the scallops in a single layer, causing them to caramelize, 2 minutes on each side.

Add vermouth to the pan and cook out the alcohol, 1 to 2 minutes. Arrange the scallops in vermouth over top of the artichokes and serve.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:8.0773913834406%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

Nutrients (% of daily need)

Calories: 234.79kcal (11.74%), Fat: 10.86g (16.71%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 9.77g (3.55%), Sugar: 2.07g (2.3%), Cholesterol: 14.4mg (4.8%), Sodium: 1275.53mg (55.46%), Alcohol: 5.7g (100%), Alcohol %: 2.1% (100%), Protein: 9.17g (18.34%), Vitamin K: 68.86µg (65.58%), Phosphorus:

206.73mg (20.67%), Vitamin B12: 0.85µg (14.1%), Fiber: 3.51g (14.03%), Selenium: 7.81µg (11.15%), Vitamin E: 1.58mg (10.52%), Vitamin C: 5.66mg (6.86%), Vitamin A: 323.47IU (6.47%), Potassium: 166.4mg (4.75%), Folate: 18.34µg (4.59%), Magnesium: 17.71mg (4.43%), Zinc: 0.62mg (4.16%), Iron: 0.66mg (3.68%), Vitamin B6: 0.07mg (3.48%), Vitamin B3: 0.51mg (2.55%), Copper: 0.04mg (2%), Manganese: 0.04mg (1.9%), Vitamin B5: 0.16mg (1.63%), Calcium: 12.91mg (1.29%), Vitamin B2: 0.02mg (1.15%)