



Seared Saffron Scallops

 Gluten Free

READY IN



39 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 tablespoons half-and-half fat-free
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup onion finely chopped
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 Dash saffron threads
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds sea scallops 30 scallops
- ☐ 2 cups tomatoes peeled seeded chopped 3 medium
- ☐ 1 tablespoon tomato paste
- ☐ 2 teaspoons vegetable oil

Equipment

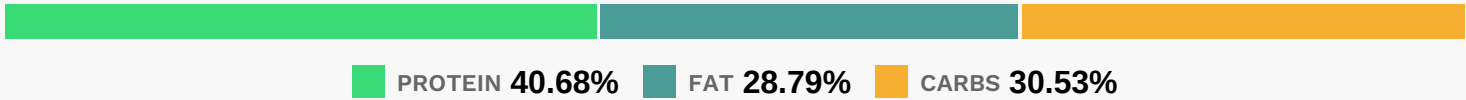
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Heat a medium saucepan coated with cooking spray over medium-high heat; add vegetable oil.
- ☐ Add onion and garlic; saut 3 minutes.
- ☐ Add tomato; saut 2 minutes. Stir in wine and next 3 ingredients. Bring to a boil. Reduce heat; simmer, uncovered, 10 minutes. Stir in oregano, basil, and balsamic vinegar. Cook 1 minute.
- ☐ Remove from heat.
- ☐ Place mixture in a blender; process until smooth, scraping sides. Return mixture to pan. Stir in half-and-half. Cook over medium-low heat 2 minutes or until thoroughly heated.
- ☐ Pat scallops dry with paper towels.
- ☐ Sprinkle both sides with salt and black pepper.
- ☐ Combine 1 tablespoon olive oil and saffron; stir with a whisk.

- ☐
- Heat a large nonstick skillet coated with cooking spray over medium-high heat; add 1 1/2 teaspoons saffron oil.
- ☐
- Add 1/2 of scallops; cook 3 to 4 minutes on each side or until done.
- ☐
- Remove scallops from pan; set aside and keep warm. Repeat procedure with remaining saffron oil and scallops.
- ☐
- Spoon 1/3 cup sauce on individual plates. Arrange scallops over sauce on each plate.

Nutrition Facts



Properties

Glycemic Index:86, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:16.723478462385%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 230.1kcal (11.5%), Fat: 7.08g (10.89%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 14.05g (5.11%), Sugar: 5.39g (5.99%), Cholesterol: 41.39mg (13.8%), Sodium: 1321.65mg (57.46%), Alcohol: 1.54g (100%), Alcohol %: 0.55% (100%), Protein: 22.51g (45.01%), Phosphorus: 626.53mg (62.65%), Vitamin B12: 2.46µg (40.95%), Selenium: 22.8µg (32.57%), Vitamin K: 30.22µg (28.78%), Potassium: 724.63mg (20.7%), Manganese: 0.41mg (20.51%), Vitamin C: 14.27mg (17.3%), Vitamin B6: 0.35mg (17.27%), Iron: 3.06mg (17.02%), Magnesium: 66.35mg (16.59%), Vitamin E: 2.17mg (14.49%), Zinc: 1.98mg (13.18%), Folate: 48.58µg (12.15%), Vitamin B3: 2.37mg (11.84%), Fiber: 2.85g (11.38%), Calcium: 110.39mg (11.04%), Vitamin B2: 0.15mg (8.71%), Copper: 0.17mg (8.6%), Vitamin A: 327.28IU (6.55%), Vitamin B5: 0.63mg (6.27%), Vitamin B1: 0.09mg (6.09%)