



Seared Scallops and Herb Butter Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.4 teaspoon pepper black divided
- ☐ 3 tablespoons butter chilled cubed
- ☐ 0.3 cup wine dry white
- ☐ 2 tablespoons chives fresh divided chopped
- ☐ 2 tablespoons parsley fresh divided chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.4 teaspoon kosher salt divided
- ☐ 2 teaspoons olive oil extra virgin extra-virgin

- ☐ 0.8 cup orzo pasta uncooked
- ☐ 1.5 pounds scallops
- ☐ 1 tablespoon shallots chopped
- ☐ 1 tablespoon citrus champagne vinegar

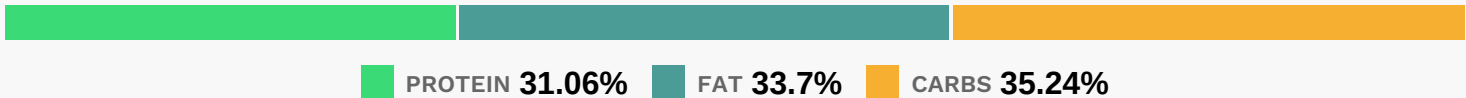
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Prepare orzo according to package directions, omitting salt and fat.
- ☐ Drain. Return to pan; stir in 1 tablespoon parsley, 1 tablespoon chives, olive oil, and 1/8 teaspoon salt. Keep warm.
- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Sprinkle scallops evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper; coat scallops with cooking spray.
- ☐ Add scallops to pan; cook 3 minutes on each side or until browned.
- ☐ Remove from pan; keep warm.
- ☐ Combine wine, shallots, and vinegar in a saucepan; bring to a boil. Cook 5 minutes or until liquid reduces to 1 tablespoon. Reduce heat to low.
- ☐ Add butter cubes, 1 at a time, whisking after each addition until butter is fully incorporated. Stir in 1 tablespoon parsley, 1 tablespoon chives, 1 teaspoon thyme, 1/8 teaspoon salt, and 1/8 teaspoon pepper.
- ☐ Serve scallops with sauce and orzo.

Nutrition Facts



Properties

Glycemic Index:72.75, Glycemic Load:8.7, Inflammation Score:-7, Nutrition Score:14.66782612386%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 335.73kcal (16.79%), Fat: 11.82g (18.18%), Saturated Fat: 5.98g (37.37%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 26.6g (9.67%), Sugar: 1.19g (1.32%), Cholesterol: 63.4mg (21.13%), Sodium: 1029.56mg (44.76%), Alcohol: 2.06g (100%), Alcohol %: 1.08% (100%), Protein: 24.5g (49.01%), Phosphorus: 632.06mg (63.21%), Selenium: 39.73µg (56.75%), Vitamin B12: 2.42µg (40.27%), Vitamin K: 38.37µg (36.54%), Manganese: 0.36mg (18.06%), Magnesium: 57.97mg (14.49%), Zinc: 2.03mg (13.54%), Potassium: 459.09mg (13.12%), Vitamin A: 526.15IU (10.52%), Folate: 38.51µg (9.63%), Vitamin B6: 0.19mg (9.46%), Vitamin B3: 1.75mg (8.76%), Iron: 1.38mg (7.68%), Copper: 0.13mg (6.73%), Vitamin C: 4.55mg (5.52%), Vitamin B5: 0.53mg (5.32%), Fiber: 1.2g (4.8%), Vitamin E: 0.58mg (3.89%), Vitamin B2: 0.06mg (3.28%), Vitamin B1: 0.04mg (2.91%), Calcium: 28.78mg (2.88%)