



Seared Scallops in Mint Broth with Peas and Roasted Tomatoes

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.3 cup wine dry white
- 2.3 cups fat-skimmed beef broth
- 1 sprigs mint leaves fresh rinsed drained
- 1 cup mint leaves fresh packed rinsed drained
- 1 tablespoon olive oil
- 2 cups peas frozen thawed

- 12 oz roma tomatoes
- 4 servings pepper
- 1 pound scallops (each)

Equipment

- food processor
- bowl
- frying pan
- oven
- blender

Directions

- Rinse tomatoes, cut in half lengthwise, and place, cut sides up, in a 9-inch-wide pan.
- Sprinkle lightly with salt, pepper, and sugar. Finely chop enough of the mint leaves to make 2 tablespoons; mix with 1/2 tablespoon olive oil. Pat mixture onto cut sides of tomatoes.
- Drizzle evenly with remaining 1/2 tablespoon oil.
- Bake in a 400 regular or convection oven until browned on top, about 1 hour. (If pan juices begin to blacken, add a few tablespoons water to pan.)
- Meanwhile, measure 2 cups broth. In a blender or food processor, whirl peas, remaining mint leaves, and as much of the broth as needed to process until very smooth.
- Pour into a 2- to 3-quart pan and add remainder of the 2 cups broth.
- Rinse and drain scallops; pat dry.
- Sprinkle lightly with salt and pepper. Set a 10- to 12-inch nonstick frying pan over medium-high heat and add butter; when it's just beginning to turn brown, lay scallops, flat side down, in pan. Cook until well browned, about 2 minutes; turn to brown other sides well, and cook until scallops are opaque but still moist-looking in center (cut to test), 2 to 3 minutes longer. Meanwhile, bring pea-mint broth to a simmer over high heat, about 4 minutes.
- Transfer scallops equally to wide, shallow soup bowls.
- Add remaining 1/4 cup broth and the wine to frying pan; turn heat to high and stir often to free browned bits until reduced to about 1/3 cup, 2 to 4 minutes.

Set 2 tomato halves on scallops in each bowl, pour hot pea-mint broth equally around scallops.

Drizzle wine sauce over tomatoes, and garnish bowls with mint sprigs.

Nutrition Facts

PROTEIN 34.56% **FAT 30.51%** **CARBS 34.93%**

Properties

Glycemic Index:32.33, Glycemic Load:3.74, Inflammation Score:-9, Nutrition Score:20.275652201279%

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: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 3.56mg, Eriodictyol: 3.56mg, Eriodictyol: 3.56mg, Eriodictyol: 3.56mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 234.09kcal (11.7%), Fat: 7.66g (11.79%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 13.63g (4.96%), Sugar: 6.68g (7.43%), Cholesterol: 27.22mg (9.07%), Sodium: 1012.05mg (44%), Alcohol: 1.54g (100%), Alcohol %: 0.45% (100%), Protein: 19.53g (39.05%), Vitamin C: 44.32mg (53.72%), Phosphorus: 503.56mg (50.36%), Vitamin A: 1880.74IU (37.61%), Vitamin B12: 1.86µg (30.96%), Manganese: 0.59mg (29.65%), Selenium: 18.65µg (26.64%), Vitamin K: 27.03µg (25.74%), Fiber: 6.1g (24.39%), Folate: 92.61µg (23.15%), Potassium: 728.16mg (20.8%), Vitamin B3: 3.74mg (18.72%), Magnesium: 70.48mg (17.62%), Vitamin B1: 0.25mg (16.79%), Vitamin B6: 0.31mg (15.71%), Zinc: 2.25mg (14.99%), Iron: 2.56mg (14.22%), Copper: 0.27mg (13.39%), Vitamin B2: 0.19mg (11.18%), Vitamin E: 1.17mg (7.78%), Calcium: 69.36mg (6.94%), Vitamin B5: 0.6mg (5.98%)