



Seared Scallops on Braised Wild Mushrooms

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 4 ounces cremini mushrooms sliced
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 ounces oyster mushroom caps sliced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 4 teaspoons olive oil divided

- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 pounds sea scallops
- ☐ 2 ounces shiitake mushroom caps sliced
- ☐ 2 cups watercress trimmed
- ☐ 0.3 cup cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat 2 teaspoons olive oil in a large cast-iron skillet over medium-high heat.
- ☐ Add mushrooms, 1/4 teaspoon salt, and 1/4 teaspoon pepper; saut 2 minutes or until mushrooms begin to soften.
- ☐ Add wine, thyme, and juice; reduce heat to low, and cook 5 minutes or until mushrooms are tender.
- ☐ Pour mushroom mixture into a bowl. Stir in truffle oil; cover and keep warm.
- ☐ Wipe pan dry with paper towels. Pat scallops dry with paper towels; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place cornmeal in a shallow dish; dredge scallops in cornmeal.
- ☐ Heat 2 teaspoons olive oil in pan over high heat.
- ☐ Add scallops; cook 3 minutes on each side or until golden brown.
- ☐ Serve over watercress and mushroom mixture.
- ☐ Wine note: No matter how they're prepared, scallops have a flavor that's unique, complex, and earthy, while their texture is almost creamy. And while all sorts of white wines work well, there's a European classic that's not to be missed: albario. Albarios are fresh, superlively, and have light peach, citrus, and almond flavors. Try Burgans Albario 2002 (Ras Baixas, Galicia, Spain), \$ –Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:4.67, Inflammation Score:-8, Nutrition Score:17.756521722545%

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 Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 231.04kcal (11.55%), Fat: 6.61g (10.17%), Saturated Fat: 1.03g (6.47%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 14.67g (5.33%), Sugar: 1.35g (1.5%), Cholesterol: 40.82mg (13.61%), Sodium: 971.32mg (42.23%), Alcohol: 1.54g (100%), Alcohol %: 0.71% (100%), Protein: 23.45g (46.9%), Phosphorus: 671.31mg (67.13%), Selenium: 31.1µg (44.43%), Vitamin K: 46µg (43.81%), Vitamin B12: 2.43µg (40.45%), Potassium: 684.84mg (19.57%), Vitamin B3: 3.83mg (19.17%), Zinc: 2.47mg (16.49%), Vitamin B2: 0.28mg (16.44%), Magnesium: 62.37mg (15.59%), Vitamin B6: 0.3mg (15.18%), Manganese: 0.28mg (14.09%), Copper: 0.28mg (13.99%), Vitamin B5: 1.31mg (13.13%), Folate: 47.11µg (11.78%), Vitamin A: 579.57IU (11.59%), Vitamin C: 8.59mg (10.42%), Iron: 1.52mg (8.45%), Fiber: 2.01g (8.03%), Vitamin B1: 0.11mg (7.02%), Vitamin E: 0.93mg (6.23%), Calcium: 41.8mg (4.18%), Vitamin D: 0.18µg (1.23%)