



Seared Scallops with Garlic Beurre Blanc

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



148 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup olive oil with olive oil & sea salt lakes®
- 0.3 cup wine dry white
- 2 cloves garlic finely chopped
- 1 lb scallops
- 1 small shallots finely chopped
- 0.3 cup citrus champagne vinegar

Equipment

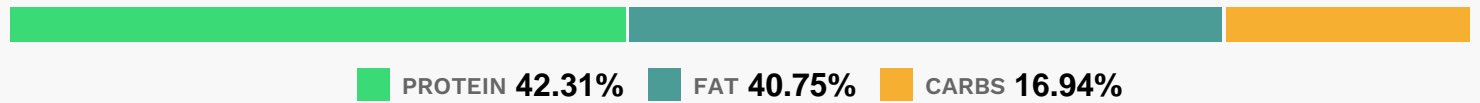
- frying pan

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Directions

- In large skillet, melt 1 tablespoon of the butter over medium-high heat. Cook scallops in butter about 5 minutes, turning once, until golden brown on outside and white and opaque inside.
- Remove scallops to serving plate; cover to keep warm.
- Add garlic, shallot, wine and vinegar to skillet, stirring to loosen brown particles. Cook until liquid is reduced to less than half. Reduce heat to low; add 4 tablespoons butter. Cook and stir until butter is melted.
- Add remaining 3 tablespoons butter; cook and stir until sauce is thickened and creamy.
- Press sauce through fine strainer; discard solids.
- Pour sauce over scallops.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:6.6126086096401%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 147.85kcal (7.39%), Fat: 5.97g (9.18%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 5.35g (1.95%), Sugar: 0.65g (0.72%), Cholesterol: 27.22mg (9.07%), Sodium: 447.58mg (19.46%), Alcohol: 1.54g (100%), Alcohol %: 1.1% (100%), Protein: 13.94g (27.89%), Phosphorus: 388.69mg (38.87%), Vitamin B12: 1.6µg (26.65%), Selenium: 14.82µg (21.17%), Potassium: 275.89mg (7.88%), Zinc: 1.1mg (7.31%), Magnesium:

28.73mg (7.18%), Vitamin B6: 0.13mg (6.52%), Vitamin E: 0.78mg (5.21%), Folate: 20.46µg (5.12%), Manganese: 0.09mg (4.35%), Vitamin B3: 0.84mg (4.18%), Iron: 0.67mg (3.72%), Vitamin K: 3.39µg (3.23%), Vitamin B5: 0.28mg (2.78%), Copper: 0.04mg (1.91%), Calcium: 14.13mg (1.41%), Vitamin B2: 0.02mg (1.3%), Vitamin C: 1.04mg (1.26%), Vitamin B1: 0.02mg (1.03%)