



Seared Scallops with Garlic-Parsley Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons tomatoes canned crushed
- ☐ 2 tablespoons cooking wine dry white
- ☐ 0.5 cup fat-skimmed chicken broth
- ☐ 2 teaspoons garlic minced
- ☐ 2 teaspoons juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons parsley chopped
- ☐ 4 servings salt and pepper

- ☐ 12 scallops
- ☐ 1 tablespoon shallots minced
- ☐ 4 ounces mushroom caps stemmed rinsed thinly sliced
- ☐ 2.5 tablespoons butter unsalted

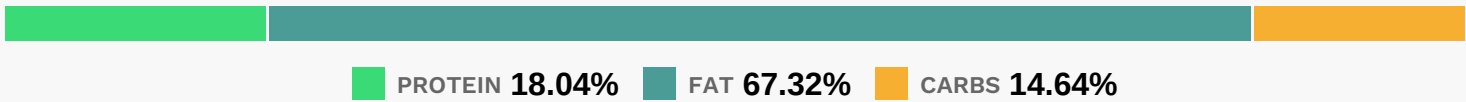
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Rinse scallops and pat dry; sprinkle all over with salt and pepper.
- ☐ Heat oil in a 10- to 12-inch nonstick frying pan over medium-high heat.
- ☐ Add scallops and cook, turning once, until browned on both sides and opaque but still moist-looking in the center (cut to test), about 4 minutes total.
- ☐ Transfer scallops to a plate; cover with foil to keep warm.
- ☐ Add 1/2 tablespoon butter, garlic, and shallot to pan. When butter is melted, add mushrooms; stir often until mushrooms are browned, about 5 minutes.
- ☐ Add remaining 2 tablespoons butter, along with chicken broth, parsley, tomatoes, white wine, and lemon juice; bring to a boil and cook 1 to 2 minutes.
- ☐ Spoon potato pure into four shallow bowls; top each with 3 scallops. Spoon mushrooms and sauce over scallops.
- ☐ Yukon Gold potato pure. In a 4- to 5-quart pan over high heat, bring 2 to 3 quarts water to a boil. Peel 1 pound Yukon Gold potatoes; cut into 1-inch chunks.
- ☐ Add potatoes to pan; cook until tender when pierced, 15 to 20 minutes.
- ☐ Drain and return to pan. Mash potatoes with 1/4 cup fat-skimmed chicken broth, 2 tablespoons whipping cream, and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:8.3065216904101%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 149.68kcal (7.48%), Fat: 11.07g (17.02%), Saturated Fat: 5.05g (31.53%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 4.35g (1.58%), Sugar: 1.42g (1.58%), Cholesterol: 29.61mg (9.87%), Sodium: 502.22mg (21.84%), Alcohol: 0.77g (100%), Alcohol %: 0.7% (100%), Protein: 6.67g (13.34%), Vitamin K: 52.39µg (49.89%), Phosphorus: 196.72mg (19.67%), Selenium: 8.39µg (11.98%), Vitamin B12: 0.71µg (11.77%), Vitamin A: 489.01IU (9.78%), Vitamin B3: 1.73mg (8.66%), Vitamin B6: 0.17mg (8.3%), Vitamin C: 6.31mg (7.64%), Potassium: 249.67mg (7.13%), Manganese: 0.14mg (6.83%), Vitamin B5: 0.62mg (6.21%), Vitamin E: 0.83mg (5.52%), Zinc: 0.81mg (5.37%), Magnesium: 20.81mg (5.2%), Vitamin B2: 0.09mg (5.16%), Folate: 18.42µg (4.61%), Fiber: 1.07g (4.27%), Copper: 0.08mg (4.15%), Iron: 0.71mg (3.94%), Calcium: 17.78mg (1.78%), Vitamin D: 0.24µg (1.63%), Vitamin B1: 0.02mg (1.56%)