



Seared Scallops with Haricots Verts

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.4 teaspoon pepper black divided
- ☐ 1.5 tablespoons butter
- ☐ 2 tablespoons canola oil
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon cooking wine dry white
- ☐ 12 ounces haricots verts trimmed
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 2 tablespoons parsley chopped
- ☐ 1.5 pounds sea scallops (16)
- ☐ 2 tablespoons shallots finely chopped
- ☐ 2 quarts water

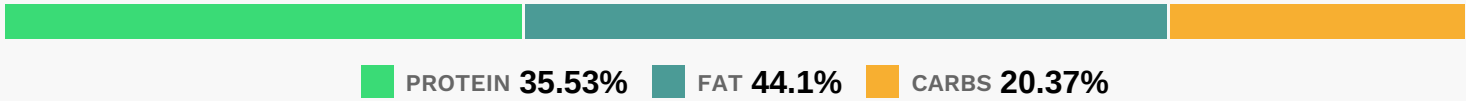
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a bowl. Stir in 1/8 teaspoon pepper.
- ☐ Bring 2 quarts water to a boil.
- ☐ Add beans; cook 3 minutes.
- ☐ Drain. Melt butter in a nonstick skillet over medium heat; cook 3 minutes.
- ☐ Add shallot mixture and beans; cook 1 minute.
- ☐ Remove from heat.
- ☐ Heat a large skillet over high heat.
- ☐ Add oil. Pat scallops dry; sprinkle with salt and 1/4 teaspoon pepper.
- ☐ Add scallops to pan; cook 2 minutes on each side or until done.
- ☐ Serve with beans.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:1.94, Inflammation Score:-7, Nutrition Score:17.534782368204%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg,

Eriodictyol: 0.18mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 252.33kcal (12.62%), Fat: 12.34g (18.98%), Saturated Fat: 3.48g (21.77%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 10.21g (3.71%), Sugar: 3.33g (3.7%), Cholesterol: 52.11mg (17.37%), Sodium: 883.5mg (38.41%), Alcohol: 0.39g (100%), Alcohol %: 0.06% (100%), Protein: 22.36g (44.72%), Vitamin K: 75.1µg (71.52%), Phosphorus: 607.81mg (60.78%), Vitamin B12: 2.41µg (40.12%), Selenium: 22.63µg (32.32%), Vitamin C: 14.89mg (18.05%), Vitamin A: 893.51IU (17.87%), Magnesium: 66.79mg (16.7%), Potassium: 567.18mg (16.21%), Folate: 61.04µg (15.26%), Vitamin B6: 0.27mg (13.39%), Manganese: 0.26mg (13.11%), Zinc: 1.86mg (12.39%), Vitamin E: 1.72mg (11.48%), Fiber: 2.61g (10.43%), Iron: 1.75mg (9.72%), Vitamin B3: 1.87mg (9.36%), Copper: 0.18mg (9.24%), Vitamin B2: 0.12mg (7.09%), Calcium: 63.62mg (6.36%), Vitamin B5: 0.6mg (5.96%), Vitamin B1: 0.09mg (5.94%)