



Seared Scallops with Herb Sauce

 Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup chardonnay dry white
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon lemon rind fresh grated
- ☐ 2 teaspoons olive oil divided

- ☐ 1.5 pounds sea scallops 12 scallops
- ☐ 1 tablespoon shallots chopped

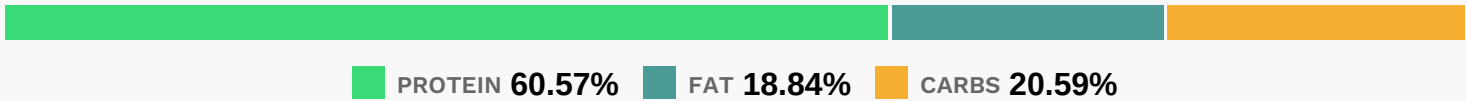
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Pat scallops dry with paper towels; sprinkle with salt and pepper.
- ☐ Heat 1 teaspoon oil in a large cast-iron skillet over high heat.
- ☐ Add scallops to pan; cook 3 minutes on each side or until browned.
- ☐ Transfer scallops to a serving platter; keep warm.
- ☐ Remove pan from heat, and add remaining 1 teaspoon oil.
- ☐ Add shallots, and saut 1 minute or until tender. Stir in wine and remaining ingredients, scraping pan to loosen browned bits.
- ☐ Pour sauce over scallops, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:10.28347820821%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 163.17kcal (8.16%), Fat: 2.86g (4.4%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 6.71g (2.44%), Sugar: 0.57g (0.64%), Cholesterol: 40.82mg (13.61%), Sodium: 814.68mg (35.42%), Alcohol: 3.09g (100%), Alcohol %: 1.88% (100%), Protein: 20.7g (41.41%), Phosphorus: 576.7mg (57.67%), Vitamin B12: 2.4µg (39.97%), Selenium: 21.86µg (31.23%), Vitamin K: 21.62µg (20.59%), Potassium: 391.7mg (11.19%), Zinc: 1.62mg (10.79%), Magnesium: 42.52mg (10.63%), Folate: 31.23µg (7.81%), Vitamin B6: 0.15mg (7.67%), Vitamin B3: 1.26mg (6.32%), Iron: 0.88mg (4.91%), Manganese: 0.1mg (4.89%), Vitamin C: 3.99mg (4.84%), Vitamin B5: 0.4mg (4%), Vitamin A: 149.9IU (3%), Copper: 0.05mg (2.51%), Vitamin E: 0.31mg (2.05%), Vitamin B2: 0.03mg (2.01%), Calcium: 19.46mg (1.95%), Fiber: 0.33g (1.32%), Vitamin B1: 0.02mg (1.17%)