



Seared Scallops with Lemon and Dill

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter chilled cut into 1/2-inch cubes ()
- ☐ 1 tablespoon optional: dill fresh chopped for garnish
- ☐ 0.5 cup wine dry white
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 12 large scallops
- ☐ 0.3 cup shallots finely chopped

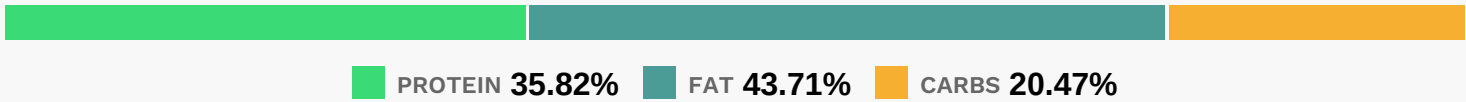
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Melt 1 tablespoon butter in large nonstick skillet over medium-high heat.
- ☐ Sprinkle scallops with salt and pepper.
- ☐ Add scallops to skillet; cook until golden and just opaque in center, about 1 minute per side.
- ☐ Transfer scallops to plate; tent with foil to keep warm.
- ☐ Melt 1 tablespoon butter in same skillet.
- ☐ Add shallots; sauté 1 minute.
- ☐ Add wine; boil until reduced by half, about 1 minute. Stir in chopped dill, lemon juice, and peel.
- ☐ Remove pan from heat; add chilled butter cubes, a few pieces at a time, whisking just until melted (do not boil). Season with salt and pepper. Divide scallops between 2 plates.
- ☐ Pour sauce over scallops; garnish with dill sprigs.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:1.45, Inflammation Score:-6, Nutrition Score:11.689565280209%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 297.28kcal (14.86%), Fat: 12.29g (18.91%), Saturated Fat: 7.43g (46.47%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 11.87g (4.32%), Sugar: 3.14g (3.49%), Cholesterol: 73.3mg (24.43%), Sodium: 802.43mg (34.89%), Alcohol: 6.18g (100%), Alcohol %: 2.68% (100%), Protein: 22.66g (45.31%), Phosphorus: 633.96mg (63.4%), Vitamin B12: 2.56µg (42.7%), Selenium: 23.61µg (33.73%), Potassium: 524.54mg (14.99%), Vitamin B6: 0.27mg (13.47%), Magnesium: 52.8mg (13.2%), Zinc: 1.85mg (12.33%), Folate: 41.81µg (10.45%), Manganese: 0.19mg (9.53%), Vitamin C: 6.73mg (8.16%), Vitamin A: 372.83IU (7.46%), Vitamin B3: 1.41mg (7.05%), Iron: 1.23mg (6.84%), Vitamin B5: 0.53mg (5.29%), Fiber: 1.08g (4.32%), Copper: 0.07mg (3.61%), Calcium: 32.71mg (3.27%), Vitamin B2: 0.05mg (2.89%), Vitamin B1: 0.04mg (2.44%), Vitamin E: 0.35mg (2.34%), Vitamin K: 1.46µg (1.39%)