



Seared Scallops with Lemon Orzo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon thyme dried
- ☐ 0.5 cup wine dry white
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion

- ☐ 1 cup orzo pasta (rice-shaped uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds scallops

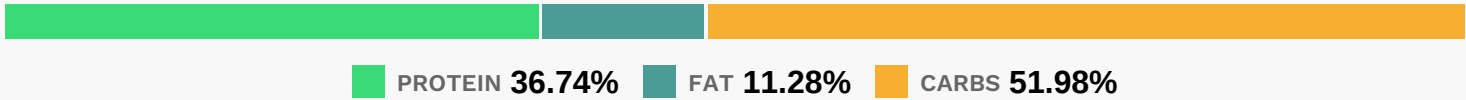
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a medium saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion to pan; saut 3 minutes. Stir in pasta, broth, wine, and thyme; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and pasta is al dente. Stir in chopped chives and lemon juice. Keep warm.
- ☐ Heat oil in a large cast-iron skillet over medium-high heat.
- ☐ Sprinkle scallops evenly with salt and pepper.
- ☐ Add scallops to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Serve with pasta mixture.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:11.81, Inflammation Score:-5, Nutrition Score:14.519565188366%

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 Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 311.63kcal (15.58%), Fat: 3.55g (5.47%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 36.84g (12.28%), Net Carbohydrates: 35.19g (12.79%), Sugar: 2.44g (2.71%), Cholesterol: 40.82mg (13.61%), Sodium: 1049mg (45.61%), Alcohol: 3.09g (100%), Alcohol %: 1.2% (100%), Protein: 26.05g (52.09%), Selenium: 46.88µg (66.97%), Phosphorus: 658.24mg (65.82%), Vitamin B12: 2.51µg (41.86%), Manganese: 0.47mg (23.38%), Magnesium: 64.3mg (16.07%), Potassium: 514.23mg (14.69%), Zinc: 2.18mg (14.51%), Vitamin B6: 0.23mg (11.53%), Vitamin B3: 2.23mg (11.13%), Folate: 41.9µg (10.48%), Copper: 0.17mg (8.66%), Iron: 1.47mg (8.16%), Fiber: 1.65g (6.62%), Vitamin B5: 0.65mg (6.5%), Vitamin C: 5.29mg (6.41%), Vitamin K: 5.91µg (5.63%), Vitamin B2: 0.07mg (4.3%), Vitamin B1: 0.06mg (4.25%), Calcium: 31.33mg (3.13%), Vitamin E: 0.35mg (2.36%), Vitamin A: 74.31IU (1.49%)