



Seared Scallops with Meyer Lemon Beurre Blanc

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black divided freshly ground
- 3 tablespoons butter chilled cut into pieces
- 0.3 cup wine dry white
- 0.7 cup meyer lemon juice fresh (6 lemons)
- 0.5 teaspoon salt divided
- 1.5 pounds scallops dry
- 3 tablespoons shallots minced

- 0.8 teaspoon sugar
- 2 thyme leaves

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve

Directions

- Combine first 4 ingredients in a small heavy saucepan over medium-high heat; bring to a boil. Cook until reduced to about 1/4 cup (about 8 minutes).
- Remove from heat; discard thyme sprigs.
- Add butter, 1 piece at a time, stirring constantly with a whisk until butter is thoroughly incorporated. Strain mixture through a fine sieve over a bowl, pressing to release all of the sauce; discard solids. Stir in sugar, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- Heat a large cast-iron skillet over high heat. Coat pan with cooking spray.
- Sprinkle both sides of scallops evenly with remaining 1/4 teaspoon salt and remaining 1/8 teaspoon pepper.
- Add scallops to pan; cook 2 minutes. Turn scallops over; cook 1 minute or until desired degree of doneness.
- Serve scallops with sauce; sprinkle with chopped thyme, if desired.

Nutrition Facts



Properties

Glycemic Index:60.52, Glycemic Load:0.95, Inflammation Score:0, Nutrition Score:10.691304393437%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.96mg, Hesperetin: 5.96mg, Hesperetin: 5.96mg, Hesperetin: 5.96mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg 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: 227.1kcal (11.36%), Fat: 9.47g (14.57%), Saturated Fat: 5.64g (35.23%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 10.49g (3.81%), Sugar: 2.56g (2.85%), Cholesterol: 63.4mg (21.13%), Sodium: 1027.36mg (44.67%), Alcohol: 2.06g (100%), Alcohol %: 1.04% (100%), Protein: 20.99g (41.98%), Phosphorus: 582.73mg (58.27%), Vitamin B12: 2.42µg (40.27%), Selenium: 22.04µg (31.48%), Vitamin C: 17.14mg (20.77%), Potassium: 437.14mg (12.49%), Magnesium: 44.67mg (11.17%), Zinc: 1.64mg (10.95%), Folate: 38.66µg (9.67%), Vitamin B6: 0.18mg (9.06%), Vitamin B3: 1.28mg (6.42%), Vitamin A: 294.68IU (5.89%), Manganese: 0.1mg (5.22%), Iron: 0.93mg (5.15%), Vitamin B5: 0.47mg (4.65%), Copper: 0.06mg (2.89%), Vitamin B2: 0.04mg (2.49%), Calcium: 22.51mg (2.25%), Vitamin E: 0.31mg (2.06%), Vitamin B1: 0.03mg (1.87%), Fiber: 0.46g (1.85%), Vitamin K: 1.08µg (1.03%)