



Seared Scallops with Orange and Vermouth

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 tablespoons cooking oil
- ☐ 0.5 cup mirin dry
- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon orange zest grated
- ☐ 0.5 teaspoon salt
- ☐ 2 spring onion green chopped
- ☐ 2 pounds scallops

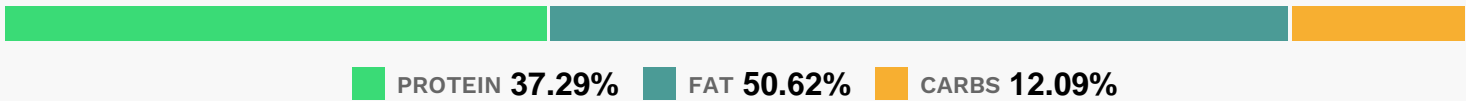
Equipment

☐ frying pan

Directions

- ☐ In a large nonstick frying pan, heat 1 tablespoon of the oil over moderately high heat until very hot. Season the scallops with the salt and pepper.
- ☐ Add half the scallops to the pan and cook until browned, about 1 minute. Turn and cook until browned on the second side and just done, about 2 minutes longer.
- ☐ Remove from the pan.
- ☐ Add the remaining tablespoon oil to the pan and repeat with the remaining scallops. Wipe out the pan.
- ☐ In the same pan, melt the butter over moderate heat.
- ☐ Add the scallions and cook, stirring, for 1 minute.
- ☐ Add the vermouth and orange zest. Cook until the sauce thickens slightly, about 2 minutes.
- ☐ Add the scallops and warm until just heated through, about 1 minute.
- ☐ Fish Alternatives: Instead of large sea scallops, you can use bay scallops. Saut them for just a minute and a half. They cook so quickly there's not time for a brown crust to form, but the taste will still be delicious.
- ☐ Variations: Seared Scallops with Lemon and Vermouth: Use 1 teaspoon of grated lemon zest in place of the orange zest.
- ☐ Seared Scallops with Orange and White Wine: Use 1/2 cup of dry white wine in place of the vermouth.
- ☐ Wine Recommendation: A light, acidic white wine is a good partner for the citrus here. Outstanding choices would be a better quality Soave or a sauvignon blanc from the northern Alto Adige region of Italy.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:12.979130288829%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 320.22kcal (16.01%), Fat: 16.64g (25.6%), Saturated Fat: 6.21g (38.78%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 8.72g (3.17%), Sugar: 0.15g (0.16%), Cholesterol: 77.01mg (25.67%), Sodium: 1248.23mg (54.27%), Alcohol: 2.85g (100%), Alcohol %: 1.28% (100%), Protein: 27.59g (55.17%), Phosphorus: 762.44mg (76.24%), Vitamin B12: 3.22µg (53.59%), Selenium: 29.18µg (41.69%), Vitamin K: 18.25µg (17.38%), Zinc: 2.1mg (14%), Potassium: 485.96mg (13.88%), Magnesium: 51.53mg (12.88%), Folate: 40.6µg (10.15%), Vitamin E: 1.5mg (10.02%), Vitamin B6: 0.17mg (8.53%), Vitamin B3: 1.64mg (8.18%), Vitamin A: 331.46IU (6.63%), Iron: 0.97mg (5.36%), Vitamin B5: 0.51mg (5.07%), Copper: 0.06mg (2.93%), Manganese: 0.06mg (2.84%), Vitamin B2: 0.04mg (2.53%), Vitamin C: 1.81mg (2.19%), Calcium: 21.71mg (2.17%), Vitamin B1: 0.02mg (1.36%)