



Seared Scallops with Pink Grapefruit-Brown Butter Sauce

READY IN



45 min.

SERVINGS



2

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 teaspoon flour all-purpose
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 large pink grapefruit
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon sea salt divided
- ☐ 12 ounces sea scallops 10
- ☐ 0.3 cup butter unsalted

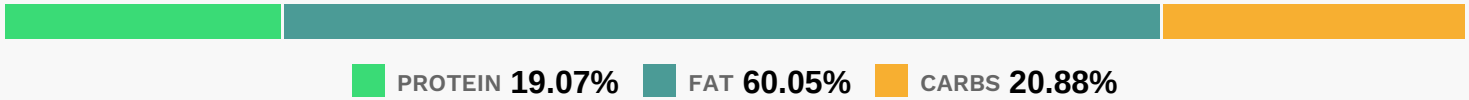
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk

Directions

- ☐ Peel grapefruit, and cut into sections with a knife. Squeeze rind and remaining pulp to yield 1/4 cup juice.
- ☐ Cook butter in a large saucepan over medium heat, stirring occasionally, 3 to 4 minutes or until it turns a golden color and smells nutty. Stir in flour; cook, whisking constantly, 1 minute. Gradually stir in grapefruit juice. Cook 1 to 2 minutes or until thickened. Stir in grapefruit segments and 1/4 teaspoon each sea salt and black pepper.
- ☐ Pour into a bowl; cover and keep warm.
- ☐ Sprinkle scallops with remaining 1/4 teaspoon each sea salt and black pepper.
- ☐ Heat oil in a large heavy skillet over medium-high heat until hot.
- ☐ Add scallops, and sear 3 minutes on each side or until scallops are browned.
- ☐ Drizzle scallops with grapefruit sauce; sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:88.5, Glycemic Load:4.4, Inflammation Score:-9, Nutrition Score:17.660869525826%

Flavonoids

Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 54.18mg, Naringenin: 54.18mg, Naringenin: 54.18mg, Naringenin: 54.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg,

Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 457.76kcal (22.89%), Fat: 31.12g (47.87%), Saturated Fat: 15.81g (98.78%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 21.49g (7.81%), Sugar: 11.49g (12.76%), Cholesterol: 101.83mg (33.94%), Sodium: 1251.58mg (54.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.47%), Vitamin C: 52.66mg (63.83%), Phosphorus: 607.55mg (60.76%), Vitamin A: 2691.22IU (53.82%), Vitamin B12: 2.45µg (40.78%), Selenium: 22.6µg (32.29%), Potassium: 591.95mg (16.91%), Magnesium: 54.65mg (13.66%), Folate: 53.14µg (13.28%), Vitamin E: 1.89mg (12.61%), Zinc: 1.71mg (11.42%), Fiber: 2.85g (11.39%), Vitamin B6: 0.22mg (10.85%), Vitamin K: 10.22µg (9.73%), Vitamin B5: 0.85mg (8.48%), Vitamin B3: 1.62mg (8.1%), Manganese: 0.14mg (7.21%), Vitamin B1: 0.09mg (6.28%), Calcium: 57.71mg (5.77%), Vitamin B2: 0.09mg (5.54%), Copper: 0.11mg (5.38%), Iron: 0.95mg (5.27%), Vitamin D: 0.43µg (2.84%)