



Seared Scallops with Roasted-Garlic Sabayon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups lightly arugula packed
- ☐ 1.3 pounds bay scallops
- ☐ 0.5 cup bottled clam juice
- ☐ 3 tablespoons vermouth dry
- ☐ 4 large egg yolks
- ☐ 1 teaspoon chives fresh chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 teaspoon tarragon fresh chopped

- ☐ 2 heads garlic
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 teaspoons olive oil

Equipment

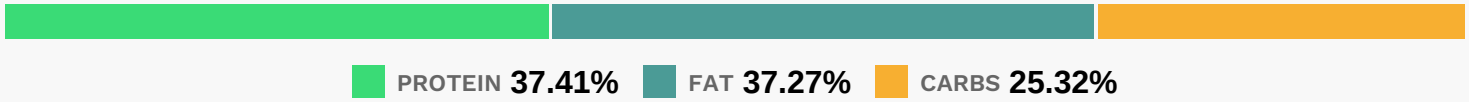
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F.
- ☐ Cut top 1/4 inch off heads of garlic to expose cloves.
- ☐ Place garlic heads on large sheet of foil.
- ☐ Drizzle 1 teaspoon oil over garlic and wrap loosely but completely in foil; place packet directly on oven rack and roast until very soft, about 45 minutes. Cool. Squeeze garlic from skins into bowl. Using fork, mash roasted garlic until smooth.
- ☐ Heat 3 teaspoons oil in heavy large skillet over medium-high heat.
- ☐ Sprinkle scallops with salt and pepper. For sea scallops: Sear half at a time until brown and just opaque in center, about 1 minute per side. For bay scallops: Sauté half at a time until opaque, stirring frequently, about 1 1/2 minutes per batch.
- ☐ Transfer to plate. Tent with foil to keep warm.
- ☐ Meanwhile, bring clam juice and vermouth to boil in small saucepan; remove from heat. Stir in lemon juice.
- ☐ Whisk egg yolks and 2 tablespoons roasted garlic puree in large metal bowl to blend. Gradually whisk in clam juice mixture.

- ☐
- Place bowl over saucepan of simmering water (do not allow bowl to touch water) and whisk until sabayon is thick and creamy and thermometer registers 160°F, about 3 minutes.
- ☐
- Remove bowl from over water.
- ☐
- Whisk in parsley, tarragon, and chives. Season sabayon with salt and pepper.
- ☐
- Divide arugula among 4 warm plates; place scallops atop arugula. Spoon sabayon over scallops and serve.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:1.55, Inflammation Score:-6, Nutrition Score:15.084782558939%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 238.1kcal (11.9%), Fat: 9.47g (14.58%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 13.77g (5.01%), Sugar: 1.62g (1.8%), Cholesterol: 217.62mg (72.54%), Sodium: 677.75mg (29.47%), Alcohol: 1.07g (100%), Alcohol %: 0.57% (100%), Protein: 21.4g (42.79%), Phosphorus: 574.23mg (57.42%), Selenium: 29.84µg (42.63%), Vitamin B12: 2.34µg (38.98%), Vitamin K: 20.06µg (19.1%), Vitamin B6: 0.38mg (18.99%), Manganese: 0.37mg (18.32%), Folate: 67.26µg (16.81%), Vitamin A: 684.88IU (13.7%), Potassium: 466.8mg (13.34%), Zinc: 1.96mg (13.07%), Vitamin C: 9.98mg (12.09%), Magnesium: 46.14mg (11.54%), Vitamin B5: 0.99mg (9.92%), Iron: 1.7mg (9.43%), Vitamin B2: 0.15mg (8.85%), Calcium: 88.37mg (8.84%), Vitamin E: 1.13mg (7.53%), Vitamin B3: 1.26mg (6.31%), Vitamin D: 0.92µg (6.12%), Copper: 0.11mg (5.6%), Vitamin B1: 0.08mg (5.53%), Fiber: 0.71g (2.83%)