



Seared Scallops with Sautéed Fennel, Orange, and Red Onion

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 1 tablespoon butter
- ☐ 0.3 cup fennel bulb
- ☐ 3 cups fennel bulb thinly sliced
- ☐ 1 tablespoon olive oil extra virgin extra-virgin divided
- ☐ 1 cup orange sections peeled halved (1 large orange)
- ☐ 0.3 cup orange juice

- ☐ 1 cup onion red vertically sliced
- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 pounds scallops

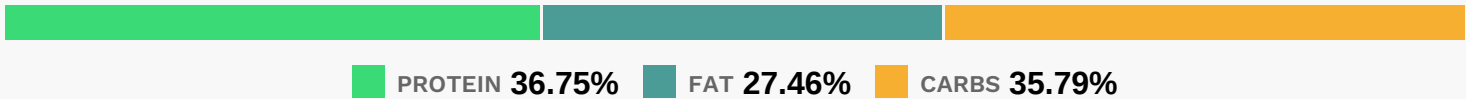
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Pat scallops dry with paper towels.
- ☐ Sprinkle scallops with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add scallops; cook 3 minutes on each side.
- ☐ Remove scallops from pan; keep warm.
- ☐ Add orange juice to pan; cook 2 minutes.
- ☐ Add butter, stirring to melt.
- ☐ Heat remaining 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add fennel slices and onion; saut 3 minutes. Stir in fennel fronds, remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, and orange slices.
- ☐ Serve immediately.
- ☐ Serve with: Whole Wheat Bread with Caper-Mint Dipping Sauce
- ☐ Choice Ingredient
- ☐ Large sea scallops are great for a fast and filling protein source any night of the week. They can be seared or sauted and then added to salads and pastas or served solo as an entre. Their mild taste and universal appeal make them a good host for complex flavors.

Nutrition Facts



Properties

Glycemic Index:73.38, Glycemic Load:5.07, Inflammation Score:-7, Nutrition Score:17.786086953205%

Flavonoids

Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 14.73mg, Hesperetin: 14.73mg, Hesperetin: 14.73mg, Hesperetin: 14.73mg Naringenin: 7.34mg, Naringenin: 7.34mg, Naringenin: 7.34mg, Naringenin: 7.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

Nutrients (% of daily need)

Calories: 242.08kcal (12.1%), Fat: 7.45g (11.47%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 17.82g (6.48%), Sugar: 10.42g (11.58%), Cholesterol: 48.35mg (16.12%), Sodium: 1018.63mg (44.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.44g (44.88%), Phosphorus: 625.92mg (62.59%), Vitamin C: 45.72mg (55.41%), Vitamin K: 47.13µg (44.88%), Vitamin B12: 2.4µg (40.07%), Selenium: 22.75µg (32.51%), Potassium: 825.13mg (23.58%), Folate: 73.73µg (18.43%), Fiber: 4.02g (16.1%), Magnesium: 60.5mg (15.13%), Manganese: 0.25mg (12.32%), Vitamin B6: 0.24mg (12.06%), Zinc: 1.8mg (12.03%), Vitamin B3: 1.91mg (9.54%), Iron: 1.37mg (7.6%), Calcium: 75.92mg (7.59%), Vitamin B5: 0.74mg (7.36%), Vitamin E: 1.09mg (7.29%), Vitamin A: 331.36IU (6.63%), Copper: 0.13mg (6.63%), Vitamin B1: 0.1mg (6.36%), Vitamin B2: 0.08mg (4.97%)