



## Seared Scallops with Shallots and Coconut Cream

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 cup coconut milk (stir before measuring)
- ☐ 8 servings salt and pepper
- ☐ 8 sea scallops
- ☐ 2 oz shallots thinly sliced
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup whipping cream

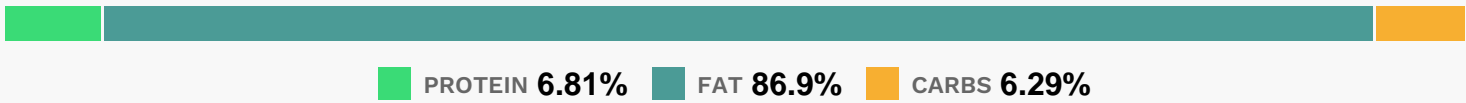
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ slotted spoon

## Directions

- ☐ In a bowl, with a mixer on high speed, beat crme frache and coconut milk until soft peaks form. Cover and chill while preparing shallots and scallops.
- ☐ In an 8- to 10-inch nonstick frying pan over medium heat, stir shallots in oil until crisp and golden, 6 to 10 minutes. With a slotted spoon, transfer to a paper towel to drain.
- ☐ Rinse scallops and pat dry.
- ☐ Sprinkle both sides with salt and pepper.
- ☐ Add scallops in a single layer to frying pan (no need to wash) and cook, turning once, until browned on both sides and barely opaque but still moist-looking in the center (cut to test), 3 to 4 minutes total.
- ☐ Let cool to room temperature, about 5 minutes.
- ☐ Arrange scallops on a platter and top each with about 2 teaspoons coconut crme frache.
- ☐ Sprinkle equally with fried shallots.

## Nutrition Facts



## Properties

Glycemic Index:15.88, Glycemic Load:0.67, Inflammation Score:-2, Nutrition Score:3.0691304232763%

## Nutrients (% of daily need)

Calories: 154.08kcal (7.7%), Fat: 15.28g (23.5%), Saturated Fat: 7.15g (44.7%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.99g (1.1%), Cholesterol: 20.41mg (6.8%), Sodium: 259.29mg (11.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.39%), Vitamin K: 13.06µg (12.44%), Phosphorus: 76.54mg (7.65%), Manganese: 0.13mg (6.62%), Vitamin E: 0.7mg (4.65%), Vitamin A: 219.4IU (4.39%), Vitamin B12: 0.24µg (3.92%), Selenium: 2.45µg (3.5%), Iron: 0.63mg (3.48%), Magnesium: 12.33mg (3.08%), Potassium: 99.67mg

(2.85%), Vitamin B6: 0.04mg (2.23%), Copper: 0.04mg (2.15%), Zinc: 0.28mg (1.87%), Vitamin B2: 0.03mg (1.86%), Folate: 7.38µg (1.85%), Calcium: 16mg (1.6%), Vitamin D: 0.24µg (1.59%), Vitamin B5: 0.11mg (1.12%), Vitamin B3: 0.22mg (1.1%)