



WHATSheATE



Seared Scallops with Succotash



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tablespoon chives separated minced
- ☐ 4 ears corn kernels fresh
- ☐ 2 cup green beans trimmed cut into ½" pieces
- ☐ 4 servings kosher salt and ground pepper fresh black to taste
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoon oregano fresh minced
- ☐ 3 tablespoon butter unsalted

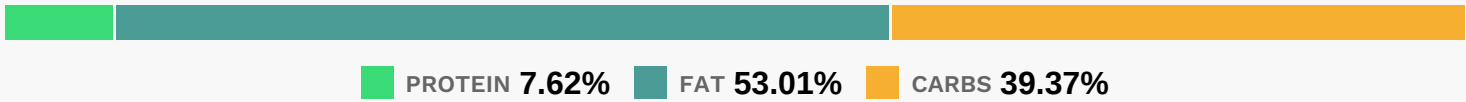
Equipment

☐ frying pan

Directions

- ☐ Make the succotash: Melt the butter in a large saute pan set over medium heat.
- ☐ Add the leek and cook, stirring often, until it begins to soften but is not yet colored. About 2 minutes.
- ☐ Heat the olive oil in a large non-stick or cast iron skillet set over medium-high heat until very hot but not quite smoking.
- ☐ Add the scallops in batches to avoid crowding. Cook the scallops undisturbed on one side about 3 minutes until a nice golden crust forms. Flip them over and cook an additional minute or two until they are barely translucent in the center.Gently reheat the succotash if necessary and serve the scallops on top. Season with salt and pepper.
- ☐ Garnish with remaining chives.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:11.454347877399%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 208.2kcal (10.41%), Fat: 13.48g (20.74%), Saturated Fat: 6.24g (39%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 18.1g (6.58%), Sugar: 7.59g (8.43%), Cholesterol: 22.58mg (7.53%), Sodium: 212.53mg (9.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin K: 48.69µg (46.38%), Manganese: 0.4mg (20.12%), Vitamin A: 983.31IU (19.67%), Vitamin C: 14.63mg (17.73%), Fiber: 4.42g (17.69%), Folate: 65.34µg (16.34%), Magnesium: 55.28mg (13.82%), Vitamin B1: 0.19mg (12.79%), Potassium: 402.02mg (11.49%), Iron: 2.03mg (11.25%), Phosphorus: 108.96mg (10.9%), Vitamin B3: 2.14mg (10.68%), Vitamin E: 1.5mg (9.99%), Vitamin B6: 0.19mg (9.59%), Vitamin B5: 0.81mg (8.13%), Vitamin B2: 0.13mg (7.47%), Calcium: 67.51mg (6.75%), Copper: 0.11mg (5.45%), Zinc: 0.64mg (4.27%), Selenium: 1.12µg (1.59%), Vitamin D: 0.16µg (1.05%)