



## Seared Scallops with Summer Vegetables and Beurre Blanc

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup basil
- 0.5 teaspoon pepper black divided
- 3 tablespoons butter chilled cut into small pieces
- 0.5 cup wine dry white
- 3 garlic clove thinly sliced
- 1 cup grape tomatoes
- 0.6 teaspoon kosher salt divided

- 0.5 teaspoon lemon zest grated
- 2 tablespoons olive oil divided
- 1 and orange peppers cut into 1-inch pieces
- 1 small onion red cut into wedges
- 1.5 pounds scallops
- 0.3 cup shallots chopped
- 1 medium to 3 sized squashes yellow
- 1 medium zucchini

## Equipment

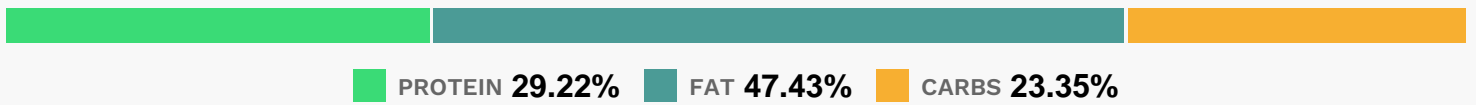
- bowl
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- sieve

## Directions

- Place a jelly-roll pan in oven. Preheat oven to 500 (leave pan in oven as it preheats).
- Combine wine and shallots in a small saucepan; bring to a boil. Cook 6 minutes or until mixture is reduced to 2 tablespoons. Strain through a sieve into a bowl; discard solids. Return mixture to pan. Gradually add butter, stirring with a whisk until smooth and emulsified. Stir in rind and 1/8 teaspoon salt; keep warm.
- Cut zucchini and yellow squash in half lengthwise.
- Cut each half crosswise into 3 pieces; cut each piece lengthwise into 4 strips.
- Combine zucchini, squash, bell pepper, onion, and 1 tablespoon oil in a large bowl; toss to coat. Arrange vegetable mixture carefully onto preheated jelly-roll pan.
- Bake at 500 for 3 minutes.
- Add tomatoes and garlic; toss gently.

- Bake at 500 for 4 minutes or until vegetables are lightly browned.
- Remove from oven; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- While vegetables cook, heat a large cast-iron skillet over high heat. Pat scallops dry with paper towels; sprinkle evenly with remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- Add remaining 1 tablespoon oil to pan; swirl to coat.
- Add scallops to pan; cook 1 1/2 minutes on each side or until scallops are seared and desired degree of doneness.
- Serve scallops with vegetable mixture and sauce; garnish with basil leaves.

## Nutrition Facts



### Properties

Glycemic Index:92.75, Glycemic Load:2.8, Inflammation Score:-9, Nutrition Score:21.336087185404%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

### Nutrients (% of daily need)

Calories: 335.83kcal (16.79%), Fat: 16.83g (25.89%), Saturated Fat: 6.69g (41.82%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 15.44g (5.61%), Sugar: 7.2g (7.99%), Cholesterol: 63.4mg (21.13%), Sodium: 1110.63mg (48.29%), Alcohol: 3.09g (100%), Alcohol %: 0.91% (100%), Protein: 23.32g (46.65%), Vitamin C: 64.8mg (78.54%), Phosphorus: 651.51mg (65.15%), Vitamin B12: 2.42µg (40.27%), Vitamin A: 1787.22IU (35.74%), Selenium: 22.79µg (32.55%), Vitamin B6: 0.56mg (27.9%), Potassium: 886.7mg (25.33%), Manganese: 0.48mg (23.93%), Folate: 84.49µg (21.12%), Vitamin K: 19.95µg (19%), Magnesium: 73.3mg (18.33%), Zinc: 2.18mg (14.52%), Vitamin E: 2.07mg (13.79%), Fiber: 3.2g (12.81%), Vitamin B2: 0.2mg (11.54%), Vitamin B3: 2.3mg (11.5%), Iron: 1.7mg (9.45%), Vitamin B5: 0.79mg (7.92%), Copper: 0.16mg (7.92%), Vitamin B1: 0.12mg (7.75%), Calcium: 56.68mg (5.67%)