



Seared Scallops with Tarragon-Butter Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup wine dry white
- 1.3 pounds scallops
- 2 tablespoons shallots finely chopped
- 1 tablespoon tarragon finely chopped
- 7 tablespoons butter unsalted divided cut into tablespoons,
- 0.3 cup citrus champagne vinegar

Equipment

- frying pan

Directions

- Pat scallops dry and sprinkle with 1/4 teaspoon each of salt and pepper (total).
- Heat 1 tablespoon butter in a 12-inch nonstick skillet over medium-high heat until foam subsides, then sear scallops, turning once, until golden brown and just cooked through, about 5 minutes total.
- Transfer to a platter.
- Add shallot, wine, and vinegar to skillet and boil, scraping up brown bits, until reduced to 2 tablespoons.
- Add juices from platter and if necessary boil until liquid is reduced to about 1/4 cup. Reduce heat to low and add 3 tablespoons butter, stirring until almost melted, then add remaining 3 tablespoons butter and swirl until incorporated and sauce has a creamy consistency. Stir in tarragon and salt to taste; pour sauce over scallops.

Nutrition Facts

 **PROTEIN 25.1%**  **FAT 65.51%**  **CARBS 9.39%**

Properties

Glycemic Index:28.75, Glycemic Load:0.79, Inflammation Score:-5, Nutrition Score:9.5160869100819%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 297.37kcal (14.87%), Fat: 20.7g (31.84%), Saturated Fat: 12.8g (80%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 6.38g (2.32%), Sugar: 0.55g (0.61%), Cholesterol: 86.69mg (28.9%), Sodium: 561.98mg (24.43%), Alcohol: 1.54g (100%), Alcohol %: 0.96% (100%), Protein: 17.84g (35.69%), Phosphorus: 491.69mg (49.17%), Vitamin B12: 2.04µg (34%), Selenium: 18.54µg (26.49%), Vitamin A: 690.21IU (13.8%), Potassium: 382.49mg (10.93%), Magnesium: 40.89mg (10.22%), Manganese: 0.2mg (10.18%), Zinc: 1.42mg (9.48%), Vitamin B6: 0.17mg (8.56%), Folate: 30.06µg (7.51%), Iron: 1.28mg (7.09%), Vitamin B3: 1.19mg (5.95%), Calcium: 38.41mg (3.84%), Vitamin E: 0.57mg (3.8%), Vitamin B5: 0.35mg (3.53%), Vitamin B2: 0.06mg (3.31%), Copper: 0.05mg (2.74%), Vitamin D: 0.37µg (2.45%), Vitamin K: 1.82µg (1.73%), Vitamin C: 1.35mg (1.64%), Vitamin B1: 0.02mg (1.29%), Fiber: 0.29g

(1.16%)