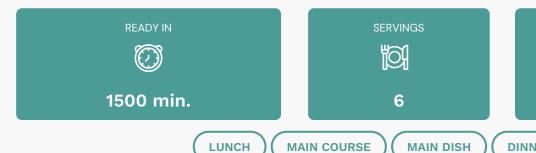


Seared Scallops with Tomato Beurre Blanc

Gluten Free





2 tablespoons vegetable oil

MAIN DISH

DINNER

Ingredients

O.3 cup tomatoes dried packed in oil; 11/4 oz) packed soft
O.7 cup cooking wine dry white
1 teaspoon juice of lemon fresh
O.1 teaspoon salt
2 lb sea scallops
0.3 cup shallots minced
0.8 cup butter unsalted softened

	3 tablespoons water
Equipment	
	bowl
	frying pan
	sauce pan
	whisk
	plastic wrap
	aluminum foil
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	Soak tomatoes in warm water until softened, 20 to 25 minutes.
	Drain and pat dry, then mince. Stir together tomatoes, butter, and salt, then form into an 8-inch log on a sheet of plastic wrap and chill, wrapped in plastic wrap, until firm, about 1 hour.
	Cut tomato butter into 12 equal pieces.
	Cook shallot in 1 piece of tomato butter (keep remaining butter chilled) in a small heavy saucepan over moderately low heat, stirring, until softened, about 3 minutes.
	Add wine and boil until liquid is reduced to about 1/3 cup, about 10 minutes.
	Reduce heat to low and whisk in remaining cold tomato butter 1 piece at a time, adding each piece before previous one has completely melted and lifting pan from heat occasionally to cool mixture (sauce should not get hot enough to separate).
	Whisk in water and lemon juice, then season with salt and pepper.
	Transfer beurre blanc to a bowl and keep warm, covered, in a larger bowl of warm water.
	Pat scallops dry and season with salt and pepper.
	Heat 1 teaspoon oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sear 6 to 8 scallops, turning once, until golden brown and just cooked through, 2 to 4 minutes total.
	Transfer to a platter as cooked and keep warm, loosely covered with foil. Sear remaining scallops in same manner, wiping out skillet and adding about 1 teaspoon oil between batches. Spoon 3 tablespoons beurre blanc onto each of 6 plates, then top with scallops.

Nutrition Facts

PROTEIN 20.76% FAT 68.22% CARBS 11.02%

Properties

Glycemic Index:12.5, Glycemic Load:1.24, Inflammation Score:-6, Nutrition Score:11.444782640623%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.15mg, Epicatechin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Quercetin: 0.15mg, Qu

Nutrients (% of daily need)

Calories: 391.19kcal (19.56%), Fat: 28.44g (43.75%), Saturated Fat: 15.48g (96.77%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 9.35g (3.4%), Sugar: 3.05g (3.39%), Cholesterol: 97.29mg (32.43%), Sodium: 652.46mg (28.37%), Alcohol: 2.75g (100%), Alcohol %: 1.47% (100%), Protein: 19.47g (38.94%), Phosphorus: 540.88mg (54.09%), Vitamin B12: 2.18µg (36.34%), Selenium: 20.07µg (28.68%), Potassium: 537.67mg (15.36%), Vitamin A: 754.26IU (15.09%), Magnesium: 48.28mg (12.07%), Vitamin K: 12.51µg (11.91%), Zinc: 1.58mg (10.52%), Vitamin B6: 0.19mg (9.28%), Manganese: 0.18mg (9.06%), Folate: 33.06µg (8.27%), Vitamin B3: 1.55mg (7.73%), Vitamin E: 1.04mg (6.91%), Iron: 1.23mg (6.83%), Copper: 0.12mg (5.92%), Vitamin B5: 0.5mg (5.03%), Fiber: 0.99g (3.95%), Vitamin C: 3.17mg (3.84%), Vitamin B2: 0.06mg (3.62%), Vitamin B1: 0.05mg (3.04%), Calcium: 28.49mg (2.85%), Vitamin D: 0.43µg (2.84%)