



Seared Scallops with Tomato Beurre Blanc

 Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup tomatoes dried packed in oil; 1 1/4 oz) packed soft
- ☐ 0.7 cup cooking wine dry white
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.1 teaspoon salt
- ☐ 2 lb sea scallops
- ☐ 0.3 cup shallots minced
- ☐ 0.8 cup butter unsalted softened
- ☐ 2 tablespoons vegetable oil

- ☐ 3 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ 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 Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

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%)