



Seared Scallops with Warm Tuscan Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 19 ounce cannellini beans beans white rinsed drained canned
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil divided

- ☐ 1 cup prechopped onion
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds sea scallops

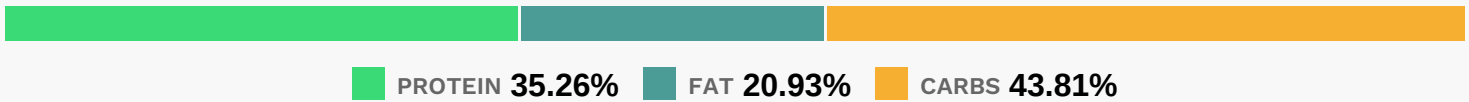
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle scallops evenly with salt.
- ☐ Add scallops to pan; cook 2 minutes on each side or until done.
- ☐ Remove scallops from pan; keep warm.
- ☐ Add remaining 1 tablespoon oil and onion to pan; saut 2 minutes.
- ☐ Add pepper and garlic; cook 20 seconds, stirring constantly. Stir in wine; cook 1 minute or until most of liquid evaporates. Stir in broth and beans; cook 2 minutes.
- ☐ Add spinach; cook 1 minute or until spinach wilts.
- ☐ Remove from heat; stir in basil.
- ☐ Grilled garlic bread is great for dipping into the brothy beans.
- ☐ Heat a grill pan over medium heat.
- ☐ Brush 1 tablespoon olive oil evenly over 4 (1-ounce) slices French bread.
- ☐ Add bread to pan; cook 2 minutes on each side or until lightly browned. Rub one side of each bread slice with cut sides of a halved garlic clove.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:8.07, Inflammation Score:-10, Nutrition Score:32.566087204477%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 9.84mg, Quercetin: 9.84mg, Quercetin: 9.84mg, Quercetin: 9.84mg

Nutrients (% of daily need)

Calories: 375.75kcal (18.79%), Fat: 8.55g (13.15%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 40.26g (13.42%), Net Carbohydrates: 32.11g (11.68%), Sugar: 2.52g (2.8%), Cholesterol: 40.82mg (13.61%), Sodium: 1088.37mg (47.32%), Alcohol: 1.54g (100%), Alcohol %: 0.42% (100%), Protein: 32.4g (64.8%), Vitamin K: 217.97µg (207.59%), Vitamin A: 4064.82IU (81.3%), Phosphorus: 735.09mg (73.51%), Manganese: 1.22mg (60.86%), Folate: 206.3µg (51.58%), Vitamin B12: 2.51µg (41.86%), Selenium: 26.04µg (37.21%), Potassium: 1293.7mg (36.96%), Magnesium: 146.87mg (36.72%), Iron: 6.14mg (34.1%), Fiber: 8.15g (32.59%), Zinc: 3.41mg (22.72%), Copper: 0.44mg (22.14%), Vitamin E: 2.98mg (19.84%), Vitamin B6: 0.39mg (19.65%), Vitamin C: 15.56mg (18.86%), Calcium: 168.28mg (16.83%), Vitamin B1: 0.2mg (13.4%), Vitamin B2: 0.18mg (10.8%), Vitamin B3: 2.06mg (10.31%), Vitamin B5: 0.78mg (7.78%)