



## Seared Scallops With Wilted Greens

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 3 cloves garlic minced
- 2 bunchs of kale (chard, beet greens...)
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 tablespoon red wine vinegar
- 4 servings salt and pepper
- 16 large scallops
- 2 shallots sliced thin

- 1 tablespoon soya sauce
- 3 slices bacon thick-cut cut into pieces

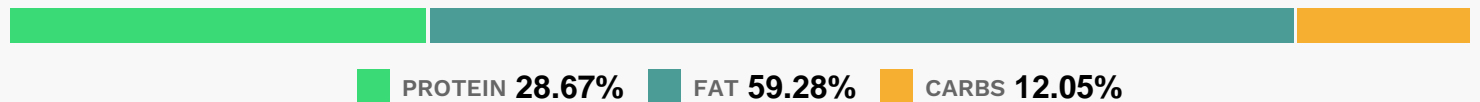
## Equipment

- frying pan

## Directions

- Slice the kale stems into thin pieces and the leaves into larger strips.
- Heat a large, deep pan to medium-high.
- Add the bacon and cook 3–4 minutes. Then add the shallots and cook until soft 3 more minutes. Next add the garlic, and kale STEMS. Cook another 4–5 minutes before adding the leaves. Toss until wilted over the heat.
- Add the soy sauce, vinegar, then salt and pepper to taste. Keep warm.
- Heat an iron skillet to high. Dry the scallops thoroughly, then salt and pepper.
- Add the oil to the pan and swirl around. When it starts to smoke, quickly add the scallops. Cook on high for about 1–2 minutes. Flip the scallops and add the butter. Spoon the butter over the scallops as they cook another 1–2 minutes.
- Serve over warm greens.

## Nutrition Facts



## Properties

Glycemic Index:31.25, Glycemic Load:0.75, Inflammation Score:-8, Nutrition Score:14.912173913043%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 271.37kcal (13.57%), Fat: 17.7g (27.22%), Saturated Fat: 6.03g (37.71%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 6.91g (2.51%), Sugar: 1.18g (1.31%), Cholesterol: 54.15mg (18.05%), Sodium: 1162mg (50.52%), Protein:

19.26g (38.51%), Vitamin K: 78.49µg (74.75%), Phosphorus: 465.4mg (46.54%), Selenium: 21.5µg (30.71%), Vitamin B12: 1.83µg (30.55%), Vitamin A: 1303.7IU (26.07%), Potassium: 506.93mg (14.48%), Vitamin B6: 0.26mg (12.98%), Magnesium: 48.15mg (12.04%), Vitamin B3: 2.23mg (11.13%), Zinc: 1.58mg (10.55%), Manganese: 0.2mg (9.82%), Vitamin C: 7.42mg (8.99%), Vitamin B1: 0.12mg (7.78%), Iron: 1.39mg (7.72%), Folate: 27.28µg (6.82%), Vitamin E: 0.99mg (6.62%), Vitamin B2: 0.09mg (5.57%), Vitamin B5: 0.53mg (5.26%), Copper: 0.1mg (4.98%), Fiber: 1.19g (4.74%), Calcium: 41.6mg (4.16%)