



Simple Seared Scallops

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 0.5 teaspoon marjoram dried
- 0.5 cup wine dry white
- 3 tablespoons flour all-purpose
- 2 teaspoons olive oil
- 0.5 teaspoon salt
- 1.5 pounds scallops

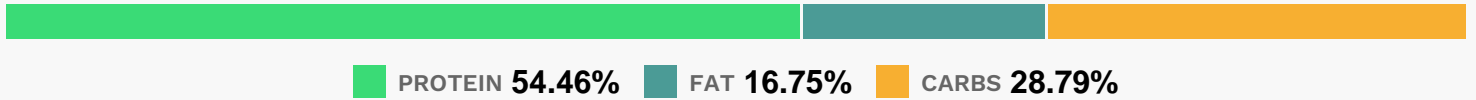
Equipment

- frying pan
- whisk
- ziploc bags

Directions

- Combine first 3 ingredients in a large zip-top plastic bag; add scallops. Seal bag, and shake to coat.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add scallops; cook 3 minutes on each side or until done.
- Remove from pan; keep warm.
- Add wine and vinegar to pan; cook 3 minutes or until slightly thick, stirring with a whisk. Stir in scallops; remove from heat.
- Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:3.56, Inflammation Score:0, Nutrition Score:9.5256522687395%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg 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: 183.68kcal (9.18%), Fat: 2.89g (4.45%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 11.17g (3.72%), Net Carbohydrates: 11.01g (4%), Sugar: 0.9g (1%), Cholesterol: 40.82mg (13.61%), Sodium: 960.05mg (41.74%), Alcohol: 3.09g (100%), Alcohol %: 1.84% (100%), Protein: 21.14g (42.27%), Phosphorus: 580.4mg (58.04%), Vitamin B12: 2.4µg (39.97%), Selenium: 23.71µg (33.87%), Potassium: 380.77mg (10.88%), Zinc: 1.63mg (10.85%), Magnesium: 42.19mg (10.55%), Folate: 37.84µg (9.46%), Vitamin B3: 1.56mg (7.8%), Vitamin B6: 0.14mg (7.09%), Iron: 1.04mg (5.78%), Manganese: 0.11mg (5.45%), Vitamin B5: 0.4mg (4.04%), Vitamin B1: 0.06mg (3.84%), Vitamin B2: 0.06mg (3.4%), Copper: 0.05mg (2.49%), Vitamin E: 0.29mg (1.94%), Calcium: 15.28mg (1.53%), Vitamin K: 1.42µg (1.35%)