



Spiced Scallops with Balsamic-Braised Red Cabbage

 Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons balsamic vinegar divided
- 2 pinches ground cloves
- 0.5 teaspoon ground cumin
- 0.1 teaspoon nutmeg
- 1 pound cabbage red cored thinly sliced
- 1.5 pounds scallops
- 2 turkish bay leaf

3 tablespoons butter unsalted divided

0.8 cup water divided

Equipment

frying pan

Directions

Melt 2 tablespoons butter in a 12-inch nonstick skillet over medium heat.

Add cabbage, bay leaves, 1/2 teaspoon salt, and 1/4 teaspoon pepper and toss to coat.

Stir in 1/2 cup water and 2 tablespoon vinegar and simmer, covered, stirring occasionally, until cabbage is tender, 10 to 15 minutes.

Transfer to a platter and keep warm, covered.

Stir together spices, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Pat scallops dry and season both sides with spice mixture.

Wipe out skillet, then heat remaining tablespoon butter over medium-high heat until foam subsides. Sauté scallops, turning once, until golden brown and just cooked through, about 5 minutes total.

Add to cabbage.

Add remaining 1/4 cup water and tablespoon vinegar to skillet and boil, stirring, until slightly thickened, 1 to 2 minutes.

Pour over scallops and cabbage.

Nutrition Data

See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



PROTEIN 36.99% FAT 36.02% CARBS 26.99%

Properties

Glycemic Index:39.25, Glycemic Load:2.95, Inflammation Score:-9, Nutrition Score:19.804347826087%

Flavonoids

Cyanidin: 237.94mg, Cyanidin: 237.94mg, Cyanidin: 237.94mg, Cyanidin: 237.94mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 241.16kcal (12.06%), Fat: 9.68g (14.89%), Saturated Fat: 5.68g (35.48%), Carbohydrates: 16.32g (5.44%), Net Carbohydrates: 13.72g (4.99%), Sugar: 6.18g (6.87%), Cholesterol: 63.4mg (21.13%), Sodium: 705.36mg (30.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.37g (44.73%), Vitamin C: 64.68mg (78.4%), Phosphorus: 608.9mg (60.89%), Vitamin K: 44.78µg (42.64%), Vitamin B12: 2.42µg (40.27%), Selenium: 22.61µg (32.3%), Manganese: 0.64mg (31.77%), Vitamin A: 1540.15IU (30.8%), Potassium: 650.27mg (18.58%), Vitamin B6: 0.37mg (18.28%), Magnesium: 60.04mg (15.01%), Zinc: 1.85mg (12.32%), Folate: 48.23µg (12.06%), Iron: 1.89mg (10.5%), Fiber: 2.6g (10.41%), Vitamin B3: 1.7mg (8.48%), Calcium: 74.35mg (7.43%), Vitamin B2: 0.11mg (6.44%), Vitamin B1: 0.09mg (5.84%), Vitamin B5: 0.55mg (5.46%), Copper: 0.08mg (3.76%), Vitamin E: 0.42mg (2.81%), Vitamin D: 0.16µg (1.05%)