



Steak and Scallops with Champagne-Butter Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce beef tenderloin steaks
- ☐ 3 tablespoons butter cut into pieces
- ☐ 0.3 cup wine dry white
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1 tablespoon olive oil divided
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon peppercorns crushed

- ☐ 0.3 teaspoon salt
- ☐ 6 large scallops
- ☐ 1 tablespoon shallots minced

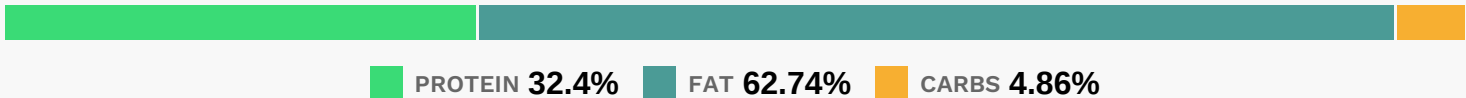
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Sprinkle steaks on both sides with 1/8 teaspoon each salt and black pepper.
- ☐ Sprinkle scallops on both sides with 1/8 teaspoon each salt and pink peppercorns.
- ☐ Heat 1 1/2 teaspoons oil in a large cast iron or heavy-bottom nonstick skillet over medium-high heat.
- ☐ Add steaks, and cook 3 minutes on each side (for medium-rare) or until desired degree of doneness.
- ☐ Transfer to a platter; cover and keep warm.
- ☐ Add remaining 1 1/2 teaspoons oil to skillet; add scallops, and cook 2 minutes on each side or until done.
- ☐ Transfer to platter; cover and keep warm.
- ☐ Add Champagne, lemon juice, and shallots to pan; bring to a boil. Cook 3 minutes or until reduced to 2 tablespoons.
- ☐ Remove from heat.
- ☐ Add butter, 1 piece at a time, whisking constantly until butter is thoroughly incorporated. Season sauce to taste with salt and black pepper. Top steak and scallops with sauce.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:17.880434798158%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 481.3kcal (24.06%), Fat: 31.23g (48.05%), Saturated Fat: 14.37g (89.82%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 5.1g (1.86%), Sugar: 0.89g (0.99%), Cholesterol: 139.32mg (46.44%), Sodium: 843.8mg (36.69%), Alcohol: 4.12g (100%), Alcohol %: 1.85% (100%), Protein: 36.28g (72.57%), Selenium: 46.45µg (66.36%), Phosphorus: 554.21mg (55.42%), Vitamin B6: 0.81mg (40.63%), Vitamin B3: 7.97mg (39.86%), Vitamin B12: 2.36µg (39.32%), Zinc: 5.42mg (36.12%), Potassium: 649.03mg (18.54%), Iron: 2.44mg (13.55%), Magnesium: 52.74mg (13.18%), Vitamin E: 1.86mg (12.41%), Vitamin A: 531.61IU (10.63%), Vitamin B5: 1mg (9.98%), Vitamin B2: 0.16mg (9.6%), Manganese: 0.18mg (8.82%), Folate: 32.74µg (8.18%), Vitamin K: 8.35µg (7.95%), Vitamin B1: 0.1mg (6.53%), Copper: 0.12mg (6.13%), Calcium: 44.3mg (4.43%), Vitamin C: 1.85mg (2.24%), Fiber: 0.34g (1.37%)