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Seared Scallops with Tarragon-Butter Sauce ••

Seared Scallops with Tarragon-Butter Sauce is a delicious seafood dish that combines tender scallops with a flavorful tarragon-butter sauce. It is often served as a main course and pairs well with a variety of side dishes. The scallops are seared to perfection, creating a crispy exterior and a tender, juicy interior. The tarragon-butter sauce adds a rich and creamy element to the dish, complementing the natural sweetness of the scallops. This recipe is perfect for special occasions or a fancy dinner at home.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	scallops
50 g	butter

10 g	Tarragon
1 tsp	Salt
1 tsp	Pepper
2 tbsp	olive oil

Directions

Step 1

Pat the scallops dry with paper towels and season with salt and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Heat olive oil in a skillet over medium-high heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 3

Stove

Add the scallops to the skillet and cook for 2-3 minutes per side, until golden brown and cooked through.

Prep Time: 0 mins

Cook Time: 6 mins

Step 4

Remove the scallops from the skillet and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Stove

In the same skillet, melt the butter over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Stove

Add the tarragon to the skillet and cook for 1 minute, until fragrant.

Prep Time: 0 mins

Cook Time: 1 mins

Step 7

Stove

Return the scallops to the skillet and toss to coat in the tarragon-butter sauce.

Prep Time: 0 mins

Cook Time: 1 mins

Step 8

Serve the seared scallops with the tarragon-butter sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 270 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 3 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	3 g	5.45%	6%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

High Fiber

Low Fat

Sugar-Free

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Course

Sauces & Dressings

Appetizers

Main Dishes

Salads

Soups

Snacks

Difficulty Level

Medium

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