



Bow-Tie Salad with Scallops, Black Olives, Oranges, and Mint

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



619 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 pound bow ties
- 6 tablespoons mint leaves fresh chopped
- 0.3 teaspoon fresh-ground pepper black
- 0.5 cup kalamata black pitted
- 1 tablespoon juice of lemon
- 2 navel oranges
- 5 tablespoons olive oil

- 0.5 small onion red chopped fine
- 0.8 teaspoon salt
- 1 pound sea scallops

Equipment

- bowl
- frying pan
- knife
- pot

Directions

- In a large pot of boiling, salted water, cook the bow ties until just done, about 15 minutes.
- Drain, rinse with cold water, and drain thoroughly.
- Meanwhile, season the scallops with 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper. In a large nonstick frying pan, heat 1 tablespoon of the oil over moderately high heat. Sear the scallops, in two batches if necessary, until brown and just done, 1 to 2 minutes per side.
- Let cool.
- Using a stainless-steel knife, peel the oranges down to the flesh, removing all of the white pith.
- Cut the sections away from the membranes and put them in a large glass or stainless-steel bowl. Squeeze the juice from the membranes into the bowl.
- Add the remaining 4 tablespoons oil, the lemon juice, olives, onion, mint, and the remaining 1/2 teaspoon salt and 1/8 teaspoon pepper. Stir to combine.
- Add the pasta and scallops and stir again.
- Wine Recommendation: A white or ros wine from Provence or the Languedoc-Roussillon region of France makes sense with this; either will pair well with the mint and the salty olive tastes of the dish.

Nutrition Facts



PROTEIN 16.79% **FAT 32.1%** **CARBS 51.11%**

Properties

Glycemic Index:25.25, Glycemic Load:25.83, Inflammation Score:-8, Nutrition Score:22.485217363938%

Flavonoids

Eriodictyol: 2.5mg, Eriodictyol: 2.5mg, Eriodictyol: 2.5mg, Eriodictyol: 2.5mg Hesperetin: 16.61mg, Hesperetin: 16.61mg, Hesperetin: 16.61mg, Hesperetin: 16.61mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 619.13kcal (30.96%), Fat: 22.12g (34.04%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 79.28g (26.43%), Net Carbohydrates: 73.58g (26.76%), Sugar: 8.99g (9.99%), Cholesterol: 27.22mg (9.07%), Sodium: 1152.89mg (50.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.04g (52.07%), Selenium: 68.5µg (97.85%), Phosphorus: 566.23mg (56.62%), Vitamin C: 46.22mg (56.03%), Manganese: 0.94mg (47.15%), Vitamin B12: 1.6µg (26.65%), Fiber: 5.7g (22.78%), Vitamin E: 3.37mg (22.47%), Magnesium: 87.4mg (21.85%), Copper: 0.35mg (17.6%), Potassium: 613.95mg (17.54%), Folate: 69.69µg (17.42%), Zinc: 2.4mg (16.03%), Vitamin B6: 0.29mg (14.62%), Vitamin B3: 2.73mg (13.65%), Iron: 2.24mg (12.43%), Vitamin A: 562.4IU (11.25%), Vitamin K: 11.12µg (10.59%), Vitamin B1: 0.15mg (9.94%), Calcium: 86.15mg (8.62%), Vitamin B5: 0.85mg (8.46%), Vitamin B2: 0.13mg (7.61%)