



## Caramelized Scallops with Fresh Green Pea Vinaigrette



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings canola oil for brushing
- ☐ 0.3 cup champagne vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons barely flat-leaf parsley fresh chopped
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 2 tablespoons mint leaves fresh chopped

- ☐ 1 cup peas fresh
- ☐ 1 clove touch r honey
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons barely mint fresh chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 12 large sea scallops dry
- ☐ 1 tablespoon caster sugar

## Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

## Directions

- ☐ For the vinaigrette: Blanch the peas in salted water until tender, and then shock in an ice bath.
- ☐ Whisk together the olive oil, vinegar, mustard, honey and some salt and pepper in a medium bowl.
- ☐ Add the peas, mint and parsley and toss to combine.
- ☐ Let sit at room temperature for 30 minutes to allow the flavors to meld.
- ☐ Heat a charcoal or gas grill to high for direct grilling.
- ☐ Brush the scallops on both sides with canola oil and sprinkle with salt and pepper.
- ☐ Sprinkle some sugar over one side and let sit for 2 minutes to slightly dissolve.
- ☐ Place the scallops, sugar-side down, on the grill and cook until golden brown and caramelized, 1 to 2 minutes.
- ☐ Flip and continue grilling until just cooked through, about 2 minutes.
- ☐ Serve 3 scallops per plate and spoon the peas and vinaigrette over and around the scallops. Top each with some of the chopped mint and parsley.

## Nutrition Facts



 **PROTEIN 14.85%**  **FAT 71.05%**  **CARBS 14.1%**

Properties

Glycemic Index:81.67, Glycemic Load:3.68, Inflammation Score:-7, Nutrition Score:15.308260938396%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 8.9mg, Apigenin: 8.9mg, Apigenin: 8.9mg, Apigenin: 8.9mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 357.44kcal (17.87%), Fat: 28.31g (43.55%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 9.83g (3.57%), Sugar: 5.34g (5.94%), Cholesterol: 21.6mg (7.2%), Sodium: 594.99mg (25.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.31g (26.62%), Vitamin K: 93.08µg (88.65%), Phosphorus: 351.29mg (35.13%), Vitamin E: 4.49mg (29.91%), Vitamin C: 21.5mg (26.06%), Vitamin B12: 1.27µg (21.15%), Selenium: 13.48µg (19.26%), Vitamin A: 833.13IU (16.66%), Manganese: 0.28mg (13.9%), Folate: 50.04µg (12.51%), Fiber: 2.81g (11.24%), Magnesium: 40.51mg (10.13%), Potassium: 338.03mg (9.66%), Zinc: 1.4mg (9.33%), Iron: 1.6mg (8.91%), Vitamin B1: 0.12mg (7.84%), Vitamin B3: 1.55mg (7.76%), Vitamin B6: 0.14mg (7.01%), Copper: 0.11mg (5.71%), Vitamin B2: 0.08mg (4.83%), Calcium: 36.58mg (3.66%), Vitamin B5: 0.28mg (2.78%)