



Caribbean Grilled Scallop Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



0.3 cup avocado diced peeled



4 cups boston lettuce (2 small heads)



2 teaspoons fish rub divided (such as Emeril's)



2 tablespoons juice of lime fresh



2 tablespoons mango chutney



4 cups the salad mixed



2 teaspoons olive oil



2.5 inch pineapple fresh

☐ 1.5 pounds scallops

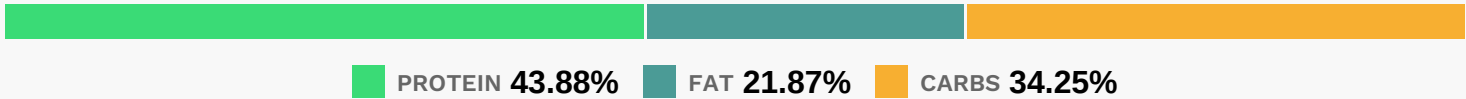
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill

Directions

- ☐ Prepare grill to high heat.
- ☐ Pat scallops dry with a paper towel.
- ☐ Sprinkle 1 1/2 teaspoons fish rub evenly over scallops. Coat scallops with cooking spray.
- ☐ Place scallops on grill rack; grill 3 minutes on each side or until done.
- ☐ Remove scallops.
- ☐ Add pineapple to grill rack; grill 2 minutes on each side.
- ☐ Remove pineapple from grill; chop pineapple.
- ☐ Combine salad greens, lettuce, pineapple, and avocado in a large bowl.
- ☐ Chop large pieces of chutney.
- ☐ Combine chutney, lime juice, olive oil, and remaining 1/2 teaspoon fish rub in a small bowl.
- ☐ Add dressing to salad, and toss well.
- ☐ Place 1 1/2 cups salad into each of 4 bowls. Arrange 3 scallops over each salad.

Nutrition Facts



Properties

Glycemic Index:38.42, Glycemic Load:3.93, Inflammation Score:-9, Nutrition Score:17.816522121429%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-

gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 201.49kcal (10.07%), Fat: 4.9g (7.54%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 15.6g (5.67%), Sugar: 5.72g (6.35%), Cholesterol: 40.82mg (13.61%), Sodium: 684.23mg (29.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.11g (44.22%), Phosphorus: 611.51mg (61.15%), Vitamin K: 63.09µg (60.08%), Vitamin A: 2164.74IU (43.29%), Vitamin B12: 2.4µg (39.97%), Selenium: 22.56µg (32.23%), Folate: 92.16µg (23.04%), Vitamin C: 16.39mg (19.87%), Potassium: 622.19mg (17.78%), Manganese: 0.28mg (14.18%), Magnesium: 55.38mg (13.84%), Vitamin B6: 0.25mg (12.46%), Zinc: 1.86mg (12.38%), Iron: 2.01mg (11.18%), Vitamin B3: 1.86mg (9.32%), Vitamin B5: 0.68mg (6.77%), Fiber: 1.66g (6.65%), Vitamin B2: 0.1mg (6.11%), Copper: 0.11mg (5.65%), Calcium: 47.64mg (4.76%), Vitamin B1: 0.07mg (4.54%), Vitamin E: 0.68mg (4.53%)