



Chile-Rubbed Grilled-Scallop Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups bell pepper strips red
- ☐ 2 tablespoons dry-roasted peanuts unsalted finely chopped
- ☐ 2 tablespoons fish sauce
- ☐ 0.5 cup basil fresh finely chopped
- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 3 garlic cloves minced

- ☐ 0.5 cup juice of lime fresh
- ☐ 8 cups napa cabbage chinese coarsely chopped ()
- ☐ 1 tablespoon freshly cracked pepper black
- ☐ 1.5 pounds sea scallops
- ☐ 2 tablespoons serrano chile seeded finely chopped
- ☐ 3 tablespoons sugar

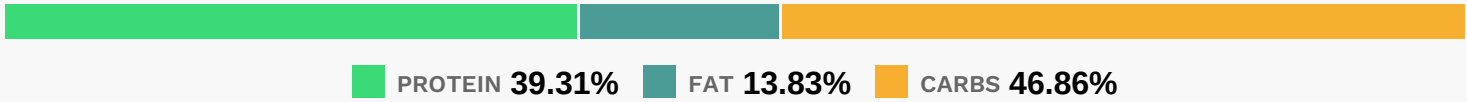
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Combine first 6 ingredients in a small bowl; stir well. Set aside.
- ☐ Combine chile and cracked pepper; rub chile mixture into scallops. Thread scallops onto each of 4 (12-inch) skewers. Prepare grill.
- ☐ Place kebabs on grill rack coated with cooking spray; grill 4 minutes on each side or until done.
- ☐ Remove from heat; cool slightly.
- ☐ Place cabbage and remaining ingredients in a large bowl; add lime dressing, tossing to coat. Divide cabbage mixture evenly among 4 plates. Top each with 1 kebab.

Nutrition Facts



Properties

Glycemic Index:78.27, Glycemic Load:8.67, Inflammation Score:-10, Nutrition Score:31.694347837697%

Flavonoids

Eriodictyol: 1.82mg, Eriodictyol: 1.82mg, Eriodictyol: 1.82mg, Eriodictyol: 1.82mg Hesperetin: 3.09mg, Hesperetin: 3.09mg, Hesperetin: 3.09mg, Hesperetin: 3.09mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg

Naringenin: 0.12mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 250.03kcal (12.5%), Fat: 4.03g (6.21%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 25.65g (9.33%), Sugar: 15.46g (17.18%), Cholesterol: 40.82mg (13.61%), Sodium: 1416.14mg (61.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.8g (51.59%), Vitamin C: 151.9mg (184.12%), Vitamin K: 91.06µg (86.72%), Vitamin A: 3367.46IU (67.35%), Phosphorus: 670.53mg (67.05%), Folate: 205.25µg (51.31%), Manganese: 0.88mg (43.97%), Vitamin B6: 0.84mg (41.92%), Vitamin B12: 2.44µg (40.69%), Selenium: 24.5µg (35%), Potassium: 1067.32mg (30.49%), Magnesium: 103.64mg (25.91%), Fiber: 5.09g (20.38%), Vitamin B3: 3.8mg (19.02%), Calcium: 173.23mg (17.32%), Zinc: 2.37mg (15.81%), Iron: 2.23mg (12.4%), Vitamin B2: 0.21mg (12.22%), Copper: 0.22mg (11.07%), Vitamin E: 1.57mg (10.49%), Vitamin B1: 0.15mg (10.23%), Vitamin B5: 0.96mg (9.62%)