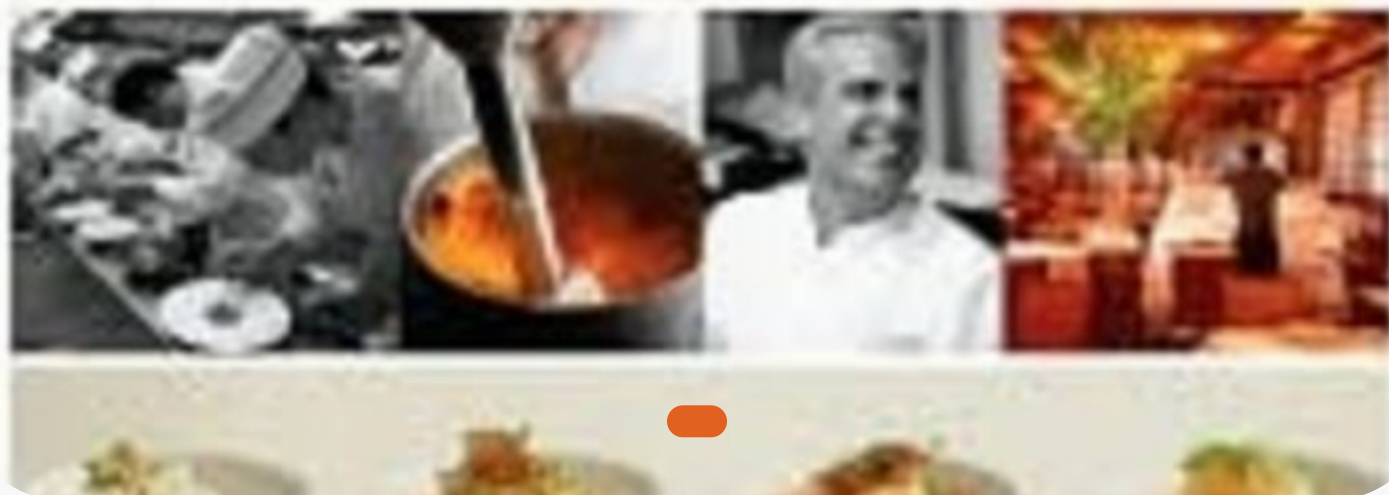




Cook the Book: Charred Sea Scallops with Smoked Sea Salt



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 chives
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 2 teaspoons olive oil
- ☐ 8 olives
- ☐ 1 teaspoon salt smoked
- ☐ 4 servings scallops

- ☐ 12 ounces scallops
- ☐ 4 servings pepper white freshly ground fine

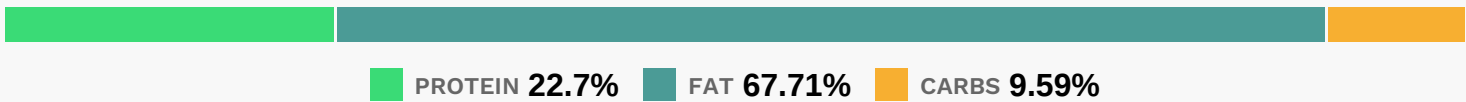
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ For the olives, preheat the oven to 180°F.
- ☐ Cut the olives in half and remove the pits.
- ☐ Spread the olives on a parchment-lined baking sheet and bake until dry, 1 to 1 1/2 hours.
- ☐ Remove from the oven and allow to cool. Roughly chop the olives. Set aside.
- ☐ For the scallops, pull off the muscles and discard. Rub the scallions with the olive oil and season with salt and white pepper.
- ☐ Heat a cast-iron griddle over medium-high heat.
- ☐ Put the scallops on their sides on the griddle and sear just the edges, turning them as necessary. The scallops should still be rare.
- ☐ To serve, slice the scallops in half crosswise and place 4 halves on each plate, cut side up.
- ☐ Garnish each half with the dried olives, smoked salt, and black pepper.
- ☐ Drizzle the extra virgin olive oil over the scallops and garnish each plate with a chive.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:6.0695651976959%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 187.94kcal (9.4%), Fat: 14.2g (21.84%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 3.68g (1.34%), Sugar: 0.06g (0.07%), Cholesterol: 20.65mg (6.88%), Sodium: 1043.88mg (45.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.42%), Phosphorus: 291.98mg (29.2%), Vitamin B12: 1.21µg (20.22%), Selenium: 11.16µg (15.95%), Vitamin E: 2.11mg (14.05%), Vitamin K: 9.93µg (9.46%), Manganese: 0.12mg (5.93%), Magnesium: 22.22mg (5.55%), Zinc: 0.82mg (5.45%), Potassium: 185.75mg (5.31%), Iron: 0.75mg (4.18%), Folate: 15.27µg (3.82%), Vitamin B6: 0.07mg (3.45%), Fiber: 0.84g (3.35%), Vitamin B3: 0.64mg (3.18%), Copper: 0.05mg (2.55%), Vitamin B5: 0.19mg (1.91%), Calcium: 16.47mg (1.65%), Vitamin A: 78.1IU (1.56%), Vitamin C: 1mg (1.21%), Vitamin B2: 0.02mg (1.02%)