



Coriander Scallops with Orange-Ginger Dressing



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons coriander seeds with mallet crushed
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 8 cups baby greens mixed
- ☐ 1 navel oranges
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 3 tablespoons orange juice concentrate frozen thawed

- ☐ 16 sea scallops
- ☐ 2 tablespoons balsamic vinegar white

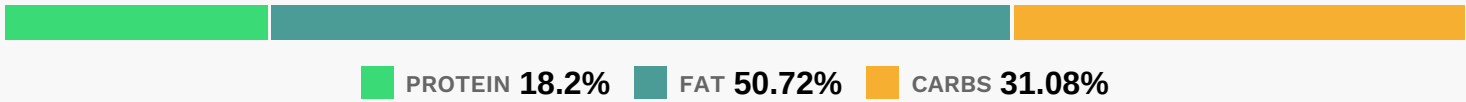
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk juice concentrate, vinegar, 1 tablespoon oil, ginger, and cilantro in small bowl. Season dressing with salt and pepper.
- ☐ Place crushed coriander seeds on plate.
- ☐ Sprinkle scallops with salt and pepper, then press both sides in coriander to coat.
- ☐ Heat 2 tablespoons oil in large nonstick skillet over medium-high heat.
- ☐ Add scallops and cook until golden brown and just opaque in center, 1 1/2 to 2 minutes per side.
- ☐ Divide greens, orange, and scallops among 4 plates.
- ☐ Drizzle dressing over.
- ☐ Per serving: 316 calories, 12 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.71, Inflammation Score:-8, Nutrition Score:11.60869571437%

Flavonoids

Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Quercetin: 0.12mg, Quercetin:

0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 195.9kcal (9.79%), Fat: 11.38g (17.51%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 13.74g (5%), Sugar: 7.48g (8.31%), Cholesterol: 14.4mg (4.8%), Sodium: 260.23mg (11.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.38%), Vitamin C: 55.93mg (67.79%), Phosphorus: 258.55mg (25.85%), Vitamin A: 1045.83IU (20.92%), Folate: 59.81µg (14.95%), Vitamin B12: 0.85µg (14.1%), Selenium: 8.71µg (12.44%), Potassium: 433.87mg (12.4%), Vitamin E: 1.64mg (10.91%), Manganese: 0.2mg (10.2%), Magnesium: 39.4mg (9.85%), Vitamin B6: 0.17mg (8.3%), Fiber: 1.95g (7.8%), Iron: 1.35mg (7.48%), Vitamin K: 6.68µg (6.36%), Vitamin B3: 1.19mg (5.97%), Vitamin B1: 0.09mg (5.92%), Zinc: 0.89mg (5.92%), Vitamin B2: 0.09mg (5.53%), Calcium: 53.48mg (5.35%), Copper: 0.1mg (5.15%), Vitamin B5: 0.38mg (3.81%)