



## Grilled Scallop-and-Fig Kebabs

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**2**

CALORIES



**434 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 ounces figs dried
- 1 large garlic clove chopped
- 0.3 cup green onions chopped
- 0.5 teaspoon ground pepper red
- 2 lemons quartered
- 2 tablespoons soya sauce low-sodium
- 1 teaspoon olive oil
- 3 tablespoons orange marmalade

12 ounces sea scallops

## Equipment

grill

ziploc bags

skewers

## Directions

Combine first 5 ingredients in a zip-top plastic bag; seal and shake vigorously.

Add scallops; seal and marinate in refrigerator for 20 minutes.

Remove scallops from bag, reserving marinade. Thread 4 scallops, 2 figs, and 2 lemon quarters alternately onto each of 4 (12-inch) skewers.

Preheat grill.

Coat a grill rack with oil.

Place kebabs on grill rack; cook 6 minutes or until scallops are done, turning and basting with reserved marinade.

## Nutrition Facts



**PROTEIN 21.97%** **FAT 7.57%** **CARBS 70.46%**

## Properties

Glycemic Index:75.25, Glycemic Load:14.06, Inflammation Score:-8, Nutrition Score:23.365217436915%

## Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

## Nutrients (% of daily need)

Calories: 433.59kcal (21.68%), Fat: 3.98g (6.12%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 83.24g (27.75%), Net Carbohydrates: 72.46g (26.35%), Sugar: 55.09g (61.21%), Cholesterol: 40.82mg (13.61%), Sodium: 1271.27mg

(55.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.96g (51.93%), Vitamin C: 62.73mg (76.04%), Phosphorus: 669.03mg (66.9%), Fiber: 10.78g (43.14%), Vitamin B12: 2.4µg (39.97%), Vitamin K: 38.56µg (36.73%), Selenium: 23.22µg (33.17%), Potassium: 1097.71mg (31.36%), Manganese: 0.55mg (27.58%), Magnesium: 109.53mg (27.38%), Calcium: 181.78mg (18.18%), Iron: 3.25mg (18.08%), Vitamin B6: 0.36mg (17.77%), Copper: 0.33mg (16.7%), Folate: 63.79µg (15.95%), Zinc: 2.3mg (15.32%), Vitamin B3: 2.06mg (10.3%), Vitamin B2: 0.17mg (9.85%), Vitamin B5: 0.95mg (9.53%), Vitamin B1: 0.13mg (8.98%), Vitamin A: 387.36IU (7.75%), Vitamin E: 1.01mg (6.72%)