



## Grilled Scallop and Shrimp Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.3 lb arugula
- ☐ 4 oz belgian endive
- ☐ 1 tablespoon chives chopped
- ☐ 6 tablespoons lemon-flavor olive oil
- ☐ 5 oz radicchio thinly
- ☐ 4 servings salt and pepper
- ☐ 8 scallops rinsed drained ( 2 in. wide;)
- ☐ 0.5 pound shrimp deveined rinsed peeled drained per lb.), and

☐ 3 tablespoons citrus champagne vinegar

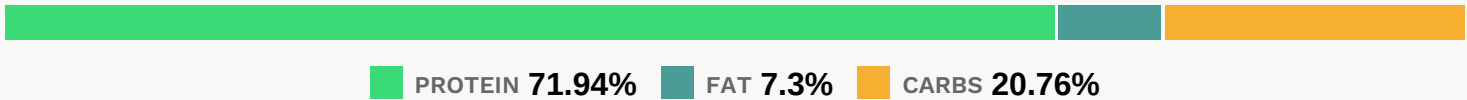
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Thread scallops, through width of the rounds and touching, onto a thin metal skewer. Push a second metal skewer through scallops, parallel to and about 1/2 inch from the first. Thread shrimp, touching, onto thin metal skewers.
- ☐ Rinse and drain radicchio, Belgian endive, and arugula. Separate leaves from radicchio and endive heads. Discard tough arugula stems.
- ☐ In a large bowl, mix oil, vinegar, and chives.
- ☐ Lay scallops and shrimp on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold hand at grill level only 2 to 3 seconds); close lid on gas grill. Turn as needed until scallops are lightly browned and shrimp are pink, and both are opaque but moist-looking in center of thickest part (cut to test), 5 to 7 minutes for scallops, about 5 minutes for shrimp.
- ☐ Add radicchio, arugula, and endive to dressing; mix. Lift salad, draining briefly, onto plates, dividing equally. Push scallops and shrimp from skewers into bowl.
- ☐ Mix, then spoon onto salads.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:12.544347690499%

Flavonoids

Cyanidin: 45mg, Cyanidin: 45mg, Cyanidin: 45mg, Cyanidin: 45mg Delphinidin: 2.72mg, Delphinidin: 2.72mg, Delphinidin: 2.72mg, Delphinidin: 2.72mg Luteolin: 13.46mg, Luteolin: 13.46mg, Luteolin: 13.46mg, Luteolin: 13.46mg Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg Kaempferol: 9.97mg, Kaempferol: 9.97mg, Kaempferol: 9.97mg Quercetin: 13.45mg, Quercetin: 13.45mg, Quercetin: 13.45mg, Quercetin: 13.45mg

Nutrients (% of daily need)

Calories: 91.31kcal (4.57%), Fat: 0.75g (1.15%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 3.1g (1.13%), Sugar: 0.81g (0.9%), Cholesterol: 98.49mg (32.83%), Sodium: 395.8mg (17.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.54g (33.07%), Vitamin K: 122.86µg (117.01%), Phosphorus: 259.16mg (25.92%), Copper: 0.39mg (19.39%), Folate: 64.84µg (16.21%), Vitamin A: 724.07IU (14.48%), Potassium: 489.28mg (13.98%), Magnesium: 47.98mg (12%), Vitamin C: 8.37mg (10.15%), Manganese: 0.2mg (10.03%), Calcium: 97.05mg (9.71%), Zinc: 1.44mg (9.59%), Vitamin B12: 0.42µg (7.05%), Fiber: 1.67g (6.68%), Iron: 1.16mg (6.43%), Vitamin E: 0.92mg (6.16%), Selenium: 4.31µg (6.15%), Vitamin B6: 0.08mg (3.79%), Vitamin B5: 0.33mg (3.27%), Vitamin B2: 0.05mg (2.78%), Vitamin B1: 0.04mg (2.56%), Vitamin B3: 0.44mg (2.19%)