



Grilled Scallop Kabobs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 asparagus fresh thick
- ☐ 6 servings lemon wedges
- ☐ 0.3 cup olive oil
- ☐ 1.5 lb scallops
- ☐ 6 inch frangelico
- ☐ 6 inch frangelico

Equipment

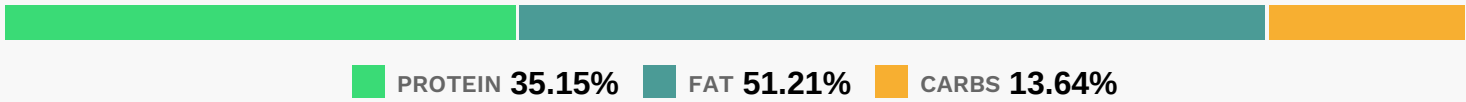
- ☐ grill

☐ skewers

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Snap off and discard tough ends of asparagus.
- ☐ Cut asparagus into 2-inch pieces. Thread scallops alternately with asparagus pieces onto each skewer.
- ☐ Brush with olive oil.
- ☐ Grill kabobs, covered with grill lid, 2 1/2 minutes on each side or just until scallops are opaque.
- ☐ Sprinkle with salt to taste.
- ☐ Serve kabobs with lemon wedges.
- ☐ Note: We tested with Benissimo Mediterranean Garlic Gourmet oil.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:10.206087029499%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.04mg, Isorhamnetin: 3.04mg, Isorhamnetin: 3.04mg, Isorhamnetin: 3.04mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 168.76kcal (8.44%), Fat: 9.62g (14.8%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 4.62g (1.68%), Sugar: 1.03g (1.14%), Cholesterol: 27.22mg (9.07%), Sodium: 445.79mg (19.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.72%), Phosphorus: 406.64mg (40.66%), Vitamin B12: 1.6µg (26.65%), Vitamin K: 27.6µg (26.29%), Selenium: 15.75µg (22.49%), Vitamin E: 1.9mg (12.67%), Folate: 45.99µg (11.5%), Potassium: 341.67mg (9.76%), Iron: 1.63mg (9.05%), Zinc: 1.32mg (8.8%), Vitamin A: 406.82IU (8.14%), Magnesium: 32.49mg (8.12%), Vitamin B6: 0.13mg (6.61%), Vitamin B3: 1.32mg (6.6%), Copper: 0.13mg (6.36%), Vitamin B1: 0.08mg (5.64%), Vitamin B2: 0.09mg (5.44%), Manganese: 0.1mg (5.19%), Fiber: 1.15g (4.59%), Vitamin

C: 3.52mg (4.26%), Vitamin B5: 0.39mg (3.92%), Calcium: 19.95mg (2%)