



Grilled Scallop Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 avocado peeled cut into 8 slices
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 cucumber english halved lengthwise
- ☐ 0.3 cup mint leaves fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 4 cups the of 1 cos lettuce
- ☐ 0.4 teaspoon salt divided

- ☐ 1.5 pounds scallops
- ☐ 3 cups seeded/seedless watermelon seedless cubed (1-inch)

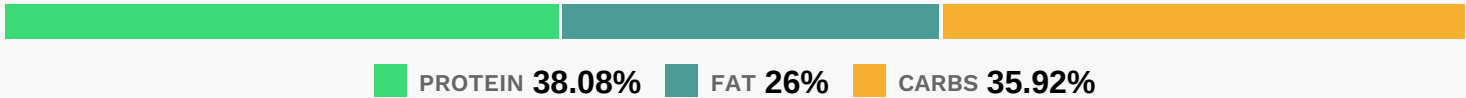
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Sprinkle 1/4 teaspoon pepper and 1/4 teaspoon salt over scallops and cucumber. Arrange in a single layer on a grill rack coated with cooking spray. Grill 3 minutes on each side or until scallops are done and cucumber is well marked.
- ☐ Remove from heat; cut cucumber into 1/4-inch slices.
- ☐ Combine remaining 1/8 teaspoon salt, juice, and oil in a large bowl; stir with a whisk.
- ☐ Add cucumber, lettuce, watermelon, and mint; toss gently to coat. Divide the watermelon mixture evenly among 4 plates. Top each serving with 3 scallops and 2 avocado slices.
- ☐ Sprinkle evenly with remaining 1/4 teaspoon freshly ground black pepper.
- ☐ Sustainable Choice: All scallops, whether farmed, diver-caught, or wild-caught, are great options.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:6.3, Inflammation Score:-10, Nutrition Score:23.049130564151%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg

0.96mg, Hesperetin: 0.96mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg
Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin:
0.91mg, Luteolin: 0.91mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg
Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 233.16kcal (11.66%), Fat: 6.96g (10.71%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 21.64g (7.21%), Net
Carbohydrates: 17.82g (6.48%), Sugar: 9.17g (10.19%), Cholesterol: 40.82mg (13.61%), Sodium: 894.07mg (38.87%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.94g (45.88%), Vitamin A: 4987.49IU (99.75%), Vitamin K:
67.52µg (64.31%), Phosphorus: 629.33mg (62.93%), Vitamin B12: 2.4µg (39.97%), Selenium: 22.76µg (32.52%),
Folate: 124.16µg (31.04%), Potassium: 852.74mg (24.36%), Vitamin C: 18.87mg (22.87%), Magnesium: 75.72mg
(18.93%), Vitamin B6: 0.31mg (15.6%), Manganese: 0.31mg (15.34%), Fiber: 3.82g (15.28%), Zinc: 2.12mg (14.14%),
Vitamin B5: 1.25mg (12.5%), Iron: 1.91mg (10.62%), Vitamin B3: 2.12mg (10.59%), Copper: 0.2mg (10.14%), Vitamin B2:
0.15mg (8.67%), Vitamin B1: 0.12mg (8.33%), Vitamin E: 0.97mg (6.45%), Calcium: 57.86mg (5.79%)