



Grilled Scallops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



50 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp grey poupon dijon mustard
- 2 cups brown rice instant uncooked
- 6 servings lemon-pepper rice
- 2 Tbsp lemon zest
- 3 Tbsp parsley italian divided chopped
- 0.5 tsp freshly cracked pepper black
- 1 lb sea scallops
- 0.5 cup tuscan house dressing italian kraft

0.5 cup planters slivered almonds toasted

Equipment

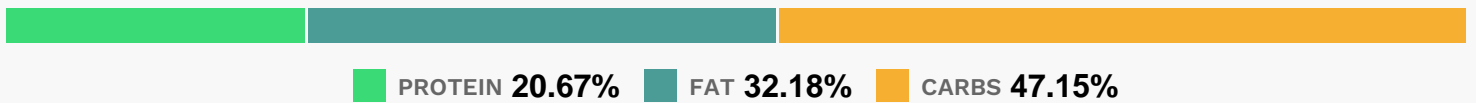
grill

skewers

Directions

- Mix dressing, mustard, lemon zest, juice and pepper until blended. Reserve half the dressing mixture for later use.
- Pour remaining dressing mixture over scallops in shallow dish; turn to evenly coat both sides of scallops.
- Refrigerate 30 min. to marinate. After about 15 min., prepare rice as directed on package, stirring in reserved dressing mixture before the final standing time.
- Heat grill to medium heat.
- Remove scallops from marinade; discard marinade. Thread 3 scallops onto 2 parallel skewers placed about 1/2 inch apart. Repeat with remaining scallops.
- Grill scallops 3 to 4 min. on each side or until opaque and lightly browned on both sides.
- Stir nuts and 2 Tbsp. parsley into rice; spoon rice onto platter. Top with scallops and remaining parsley.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:14.185652152352%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.24mg,

Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 265.55kcal (13.28%), Fat: 9.46g (14.56%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 31.19g (10.4%), Net Carbohydrates: 28.97g (10.53%), Sugar: 2.69g (2.99%), Cholesterol: 18.14mg (6.05%), Sodium: 550mg (23.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.67g (27.35%), Vitamin K: 42.67µg (40.64%), Phosphorus: 339.72mg (33.97%), Selenium: 22.83µg (32.61%), Manganese: 0.56mg (28.24%), Folate: 98.43µg (24.61%), Vitamin B1: 0.31mg (20.38%), Vitamin E: 2.78mg (18.56%), Vitamin B12: 1.07µg (17.77%), Iron: 2.72mg (15.1%), Vitamin B3: 2.95mg (14.78%), Magnesium: 50.03mg (12.51%), Zinc: 1.45mg (9.69%), Fiber: 2.23g (8.91%), Copper: 0.18mg (8.82%), Potassium: 269.91mg (7.71%), Vitamin B2: 0.13mg (7.6%), Vitamin C: 5.21mg (6.31%), Vitamin B6: 0.12mg (6.22%), Calcium: 47.23mg (4.72%), Vitamin B5: 0.36mg (3.61%), Vitamin A: 175.47IU (3.51%)