



Grilled Scallops

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup butter
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cloves garlic chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.7 cup onions chopped
- ☐ 1 pinch salt
- ☐ 1.5 pounds sea scallops

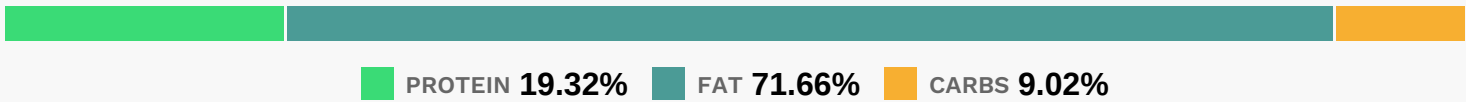
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat an outdoor grill for medium heat and lightly oil grate.
- ☐ Melt butter in a saucepan over medium heat. Cook onion and garlic until soft and translucent, about 5 minutes.
- ☐ Remove from heat, and stir in lemon juice and salt.
- ☐ Place scallops in a large bowl, and toss with butter mixture.
- ☐ Let stand for about 2 minutes.
- ☐ Thread scallops onto skewers, or use a wire grill basket. Cook on preheated grill for about 4 minutes per side.
- ☐ Return butter mixture to saucepan, and bring to a boil. Reduce heat to low, and keep warm while scallops cook. Toss with grilled scallops and serve.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:10.576521785363%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 294.48kcal (14.72%), Fat: 23.64g (36.38%), Saturated Fat: 14.75g (92.17%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 6.22g (2.26%), Sugar: 1.07g (1.19%), Cholesterol: 88.22mg (29.41%), Sodium: 636.37mg (27.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.69%), Vitamin K: 56.75µg (54.05%), Phosphorus: 395.76mg (39.58%), Vitamin B12: 1.65µg (27.45%), Selenium: 15.11µg (21.59%), Vitamin A: 994.39IU (19.89%), Vitamin C: 10.15mg (12.3%), Potassium: 300.19mg (8.58%), Zinc: 1.15mg (7.64%), Magnesium: 29.94mg (7.49%), Folate: 29.52µg (7.38%), Vitamin B6: 0.13mg (6.56%), Vitamin E: 0.7mg (4.69%), Vitamin B3: 0.89mg (4.47%), Iron: 0.71mg (3.97%), Manganese: 0.07mg (3.69%), Vitamin B5: 0.33mg (3.32%), Calcium: 25.63mg (2.56%), Vitamin B2: 0.04mg (2.23%), Copper: 0.04mg (2.2%), Fiber: 0.47g (1.9%), Vitamin B1: 0.03mg (1.72%)