



Grilled Scallops and Nectarines with Corn and Tomato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 cherry tomatoes halved
- ☐ 0.1 teaspoon chili powder generous ()
- ☐ 6 servings fleur del sel
- ☐ 0.8 cup basil fresh loosely packed ()
- ☐ 1.5 cups ears corn fresh
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1.5 teaspoons lime zest finely grated

- ☐ 3 nectarines white yellow firm ripe cut into 6 wedges (or)
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 24 large scallops dry

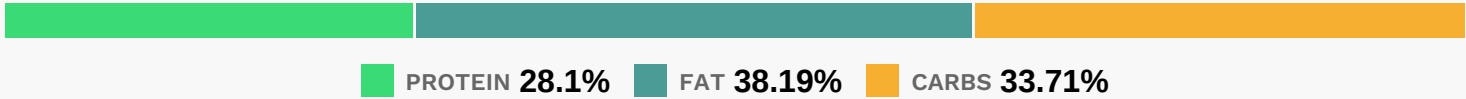
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ grill

Directions

- ☐ Whisk lime juice, lime peel, and piment d'Espelette in small bowl. Gradually whisk in oil. Season with fleur de sel and pepper. DO AHEAD: Can be made 1 day ahead. Chill. Bring to room temperature before using.
- ☐ Blanch basil in small pot of boiling salted water 30 seconds; drain. Squeeze to remove as much water as possible, then coarsely chop. Puree basil and oil in blender until smooth.
- ☐ Transfer to small bowl. Season to taste with fleur de sel. DO AHEAD: Can be made 1 day ahead. Cover and chill. Return to room temperature before using.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush scallops and nectarines with oil; sprinkle with salt and pepper. Grill scallops until slightly charred and cooked through, about 2 minutes per side. Grill nectarines until slightly charred, about 1 1/2 minutes per side.
- ☐ Transfer scallops and nectarines to plate.
- ☐ Arrange 4 scallops on each of 6 plates. Toss corn and 2 tablespoons dressing in medium bowl. Toss tomatoes with 1 tablespoon dressing in another bowl; season to taste with salt and pepper. Spoon corn around scallops. Scatter tomatoes over corn. Arrange nectarine wedges decoratively on plates.
- ☐ Drizzle some dressing over scallops, then spoon some basil puree over.
- ☐ Sprinkle sliced basil and fleur de sel over corn and tomatoes and serve.* A type of sea salt; available at some supermarkets and at specialty foods stores.
- ☐ Piment d'Espelette is the ground powder of a small, dried, hot red chile grown in Espelette, France. It is available at specialty foods stores and from zingermans.com.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:2.38, Inflammation Score:-7, Nutrition Score:13.672608727994%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 236.3kcal (11.81%), Fat: 10.38g (15.97%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 18.25g (6.64%), Sugar: 9.71g (10.79%), Cholesterol: 28.8mg (9.6%), Sodium: 687.48mg (29.89%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 17.19g (34.38%), Phosphorus: 473.51mg (47.35%), Vitamin B12: 1.69µg (28.2%), Vitamin C: 22.96mg (27.83%), Selenium: 15.94µg (22.78%), Vitamin K: 21.39µg (20.37%), Potassium: 604.2mg (17.26%), Vitamin A: 814.23IU (16.28%), Vitamin E: 2.19mg (14.62%), Magnesium: 54.94mg (13.73%), Vitamin B3: 2.69mg (13.43%), Folate: 50.37µg (12.59%), Manganese: 0.23mg (11.31%), Zinc: 1.54mg (10.24%), Vitamin B6: 0.2mg (10.07%), Fiber: 2.37g (9.49%), Copper: 0.17mg (8.54%), Iron: 1.48mg (8.24%), Vitamin B1: 0.12mg (7.76%), Vitamin B5: 0.75mg (7.54%), Vitamin B2: 0.08mg (4.47%), Calcium: 23.7mg (2.37%)