



Grilled Scallops and Tomatoes

 Gluten Free  Dairy Free  Low Fod Map

READY IN



18 min.

SERVINGS



4

CALORIES



102 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 cherry tomatoes
- 1 pound sea scallops fresh
- 2 tablespoons teriyaki sauce low-sodium

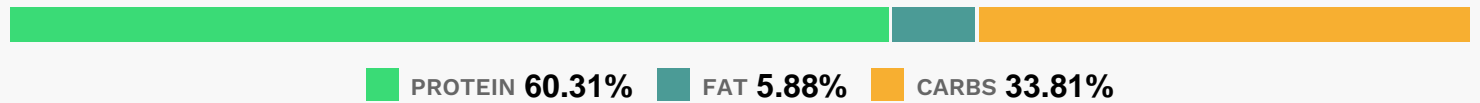
Equipment

- grill
- skewers

Directions

- Place scallops and tomatoes alternately on 4 (12-inch) skewers; brush with 1 tablespoon teriyaki sauce.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place kabobs on rack, and grill, uncovered, 5 minutes. Turn kabobs, and brush with remaining teriyaki sauce; grill 10 additional minutes or until scallops are opaque.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:9.0917390999587%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 101.55kcal (5.08%), Fat: 0.65g (1%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 7.81g (2.84%), Sugar: 3.39g (3.76%), Cholesterol: 27.22mg (9.07%), Sodium: 798.57mg (34.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.03%), Phosphorus: 416.41mg (41.64%), Vitamin B12: 1.6µg (26.65%), Vitamin C: 19.38mg (23.49%), Selenium: 15.04µg (21.48%), Potassium: 438.02mg (12.51%), Magnesium: 38.09mg (9.52%), Vitamin A: 419.05IU (8.38%), Vitamin B6: 0.16mg (7.95%), Zinc: 1.16mg (7.73%), Folate: 29.91µg (7.48%), Vitamin B3: 1.36mg (6.82%), Iron: 1.16mg (6.46%), Manganese: 0.11mg (5.43%), Copper: 0.1mg (4.94%), Vitamin B5: 0.37mg (3.71%), Vitamin E: 0.48mg (3.17%), Vitamin B1: 0.04mg (2.75%), Vitamin B2: 0.04mg (2.47%), Fiber: 0.6g (2.42%), Vitamin K: 2.38µg (2.27%), Calcium: 18.4mg (1.84%)