



Grilled Scallops over Mixed-Green and Herb Salad



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup basil leaves loosely packed
- ☐ 4 teaspoons capers drained
- ☐ 0.8 cup flat-leaf parsley leaves loosely packed
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 0.5 cup mint leaves loosely packed
- ☐ 4 quarts salad greens mixed
- ☐ 1 tablespoon olive oil

- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup scallion tops fresh chopped
- ☐ 1 pound sea scallops
- ☐ 4 teaspoons white-wine vinegar

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ broiler

Directions

- ☐ Light the grill or heat the broiler. Toss the scallops with the 1 tablespoon oil, 1/4 teaspoon of the salt, and 1/4 teaspoon of the pepper.
- ☐ In a glass or stainless-steel bowl, whisk together the vinegar and the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add the 1/2 cup oil slowly, whisking.
- ☐ Grill or broil the scallops, turning once, until they just become opaque in the center, 2 to 3 minutes per side.
- ☐ In a large glass or stainless-steel bowl, combine the mixed greens, basil, parsley, mint, and chives. Toss the salad with the dressing and put it on plates. Top the salad with the grilled scallops and the capers.
- ☐ Variations:: Substitute grilled shrimp for the scallops.: Flaked cooked salmon would also be delicious in place of the scallops.
- ☐ Wine Recommendation: America's love affair with pinot grigio is based in part on the wine's versatility, which extends even to many-flavored salads such as this one. Crisp, with a subtle nuttiness and a round, soft, medium body, a pinot grigio from Friuli will also be a perfect partner for the scallops.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.19, Inflammation Score:-10, Nutrition Score:41.778260770051%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 24.55mg, Apigenin: 24.55mg, Apigenin: 24.55mg, Apigenin: 24.55mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 272.41kcal (13.62%), Fat: 4.93g (7.59%), Saturated Fat: 0.77g (4.78%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 35.04g (12.74%), Sugar: 0.17g (0.18%), Cholesterol: 27.22mg (9.07%), Sodium: 1190.8mg (51.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.35g (52.7%), Vitamin C: 238.68mg (289.31%), Vitamin A: 12290.95IU (245.82%), Vitamin K: 211.51µg (201.44%), Folate: 397.99µg (99.5%), Manganese: 1.59mg (79.62%), Phosphorus: 763.42mg (76.34%), Potassium: 1981.4mg (56.61%), Vitamin B6: 0.87mg (43.44%), Iron: 7.66mg (42.57%), Magnesium: 144.4mg (36.1%), Vitamin B3: 6.32mg (31.59%), Vitamin B2: 0.53mg (30.92%), Copper: 0.57mg (28.37%), Vitamin B12: 1.6µg (26.65%), Selenium: 18.39µg (26.26%), Zinc: 3.26mg (21.76%), Vitamin B1: 0.31mg (20.68%), Calcium: 171.8mg (17.18%), Vitamin B5: 1.47mg (14.65%), Fiber: 1.08g (4.33%), Vitamin E: 0.65mg (4.33%)