



Grilled Scallops with Creole Tomato Sauce

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



150 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon kosher salt
- 2 tablespoons olive oil
- 0.5 teaspoon pepper freshly ground
- 2.3 pounds sea scallops
- 8 servings garnish: thyme sprigs fresh
- 8 servings creole tomato sauce

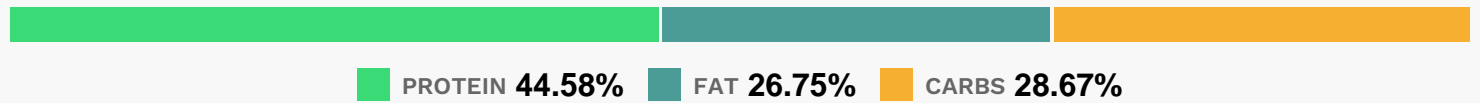
Equipment

- grill

Directions

- Brush scallops with olive oil; sprinkle with salt and pepper.
- Grill, without grill lid, over high heat (400 to 500 to 5 minutes or just until scallops are opaque, turning once.
- Serve warm with Creole Tomato Sauce.
- Garnish with fresh thyme sprigs.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:2.16, Inflammation Score:-8, Nutrition Score:11.703043440114%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg

Nutrients (% of daily need)

Calories: 149.69kcal (7.48%), Fat: 4.51g (6.94%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 8.88g (3.23%), Sugar: 4.36g (4.85%), Cholesterol: 30.62mg (10.21%), Sodium: 1298.93mg (56.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.92g (33.85%), Phosphorus: 460.43mg (46.04%), Vitamin B12: 1.8µg (29.98%), Selenium: 17.07µg (24.39%), Potassium: 633.18mg (18.09%), Vitamin E: 2.27mg (15.13%), Vitamin C: 10.18mg (12.33%), Magnesium: 48.26mg (12.07%), Vitamin A: 582.45IU (11.65%), Vitamin B6: 0.22mg (10.85%), Vitamin B3: 2.13mg (10.65%), Iron: 1.87mg (10.38%), Zinc: 1.45mg (9.67%), Manganese: 0.19mg (9.32%), Copper: 0.18mg (8.88%), Fiber: 2.01g (8.04%), Folate: 31.91µg (7.98%), Vitamin B5: 0.66mg (6.59%), Vitamin B2: 0.1mg (6.1%), Vitamin K: 5.74µg (5.47%), Calcium: 29.58mg (2.96%), Vitamin B1: 0.04mg (2.6%)