

DINNER

Grilled Scallops with Creole Tomato Sauce

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$2.56	150 kcal

Grilled Scallops with Creole Tomato Sauce might be just the main course you are searching for. For \$2.56 per serving, this recipe covers 12% of your daily requirements of vitamins and minerals. One portion of this dish contains about 17g of protein, 5g of fat, and a total of 150 calories. This recip...

Ingredients

☐ ¾ teaspoon kosher salt	☐ 2 tablespoons olive oil
☐ ½ teaspoon freshly ground pepper	☐ 2¼ pounds 24 large sea scallops (about
☐ 8 servings Garnish: fresh thyme sprigs	☐ 8 servings Creole Tomato Sauce

EQUIPMENT Grill

Method

- 1 Brush scallops with olive oil; sprinkle with salt and pepper.
- 2 Grill, without grill lid, over high heat (400 to 50
- 3 to 5 minutes or just until scallops are opaque, turning once.
- 4 Serve warm with Creole Tomato Sauce.

5 Garnish with fresh thyme sprigs.

Nutrition per serving

150

KCAL

17 g

PROTEIN

5 g

FAT

11 g

CARBS

Saturated Fat

0.7 g · 4% of daily needs

Fibre

2 g · 8% of daily needs

Sugar

4.4 g · 5% of daily needs

Sodium

1,299 mg · 56% of daily needs

Cholesterol

30.6 mg · 10% of daily needs

Vitamin C

10.2 mg · 12% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/grilled-scallops-with-creole-tomato-sauce-148611