



Grilled Scallops with Fennel



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2.5 tablespoon olive oil plus more for the grill



4 servings course salt and pepper freshly ground

Equipment



bowl



frying pan



grill



skewers

Directions

- ☐ Heat grill to medium-high. Toss the scallops with 2 tablespoons of olive oil in a small bowl until they are well coated. Slide 6 scallops onto each of 4 small skewer. Season with salt and pepper.
- ☐ Cut fennel bulb in half lengthwise, cut out the core and slice crosswise into ¼-inch-thick slivers. Toss with remaining ½-tablespoon oil, and season them with salt and pepper.
- ☐ Heat an oil slicked skillet until quite hot. Do not use too much oil. We are not frying the fennel. Then add the fennel in as close to one layer as possible.
- ☐ Let it sit undisturbed until it begins to brown. Then stir the pan and cook until the fennel wilts about 5 minutes. In the meantime, place skewers on grill over direct heat. They should sizzle. Grill on one side until the scallops develop golden brown grill marks, about 1 to 2 minutes. Then turn them once and continue cooking another minute or so longer. They just be barely cooked through and rare.
- ☐ Remove from grill and allow them to rest 2 or 3 minutes.
- ☐ Remove scallops from skewers.
- ☐ Serve warm with the fennel and linguine.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.59826085214382%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 77.35kcal (3.87%), Fat: 8.75g (13.46%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 0g (0%), Net Carbohydrates: 0g (0%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 193.96mg (8.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Vitamin E: 1.26mg (8.4%), Vitamin K: 5.27µg (5.02%)