



Grilled Scallops with Lemon-Chickpea Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby spinach
- ☐ 15.5 ounce chickpeas rinsed drained canned
- ☐ 1 stalk celery chopped
- ☐ 1 leaf flat parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 4 servings juice of lemon fresh
- ☐ 4 servings olive oil extra-virgin
- ☐ 0.5 pound sea scallops dry rinsed

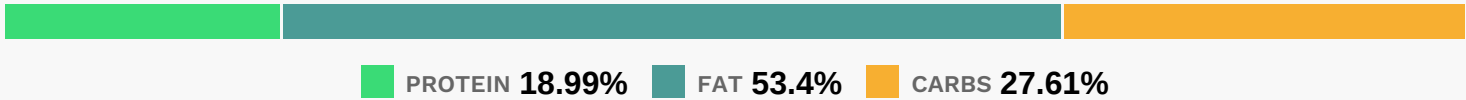
Equipment

☐ grill

Directions

- ☐ Preheat grill to high.
- ☐ Combine chickpeas, garlic, celery, and 1/3 cup parsley with 2 tablespoons lemon juice and 1 tablespoon oil.
- ☐ Drizzle scallops with 2 teaspoons oil and 1 tablespoon juice. Toss and season with salt and pepper. Grill scallops 2 to 3 minutes per side, or until firm to the touch. Toss spinach with 1 tablespoon each of juice and olive oil; top with chickpea mixture and scallops.

Nutrition Facts



Properties

Glycemic Index:41.58, Glycemic Load:4.28, Inflammation Score:-9, Nutrition Score:21.100434697193%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 272.36kcal (13.62%), Fat: 16.6g (25.53%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 13.58g (4.94%), Sugar: 0.65g (0.72%), Cholesterol: 13.61mg (4.54%), Sodium: 560.05mg (24.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.55%), Vitamin K: 160.37µg (152.73%), Manganese: 1.2mg (60.12%), Vitamin A: 2898.21IU (57.96%), Vitamin B6: 0.64mg (32.17%), Phosphorus: 296.85mg (29.69%), Folate: 101.74µg (25.43%), Fiber: 5.72g (22.89%), Vitamin C: 15.22mg (18.45%), Vitamin E: 2.68mg (17.85%), Magnesium: 68.15mg (17.04%), Selenium: 9.92µg (14.17%), Iron: 2.52mg (13.99%), Potassium: 487.81mg (13.94%), Vitamin B12: 0.8µg (13.32%), Copper: 0.23mg (11.43%), Zinc: 1.46mg (9.77%), Calcium: 78.29mg (7.83%), Vitamin B2: 0.09mg (5.34%), Vitamin B5: 0.52mg (5.2%), Vitamin B1: 0.07mg (4.66%), Vitamin B3: 0.81mg (4.06%)