



Grilled Scallops with Orange-Chive Mayonnaise



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup salad dressing
- ☐ 2 tablespoons spring onion fresh chopped
- ☐ 2 teaspoons orange zest grated
- ☐ 0.5 cup butter melted
- ☐ 0.3 cup optional: dill dried fresh chopped
- ☐ 2 tablespoons orange juice orange-flavored
- ☐ 0.5 teaspoon salt

☐ 2 lb scallops

Equipment

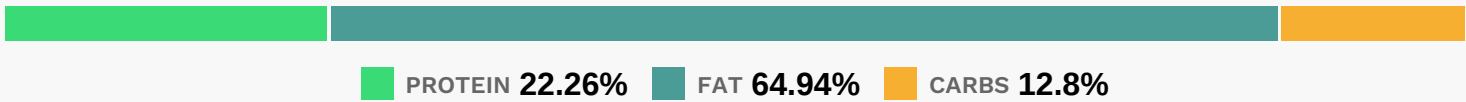
☐ bowl

☐ grill

Directions

- ☐ In small bowl, mix all Orange–Chive Mayonnaise ingredients. Cover; refrigerate until serving but no longer than 24 hours.
- ☐ Heat gas or charcoal grill. Spray hinged wire grill basket with cooking spray or brush with vegetable oil.
- ☐ In medium bowl, mix butter, dill weed, liqueur and salt. Stir in scallops until well coated with butter mixture.
- ☐ Place scallops in basket.
- ☐ Place basket on grill. Cover grill; cook over medium heat 8 to 10 minutes, turning once, until scallops are white and opaque.
- ☐ Serve with Orange–Chive Mayonnaise.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:16.215217393378%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 508.52kcal (25.43%), Fat: 36.41g (56.01%), Saturated Fat: 6.77g (42.29%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 15.87g (5.77%), Sugar: 7.13g (7.92%), Cholesterol: 54.43mg (18.14%), Sodium: 2033.08mg (88.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.08g (56.16%), Phosphorus: 777.54mg (77.75%), Vitamin B12: 3.23µg (53.77%), Selenium: 30.24µg (43.2%), Vitamin K: 39.12µg (37.26%), Vitamin A: 1320.75IU (26.42%), Potassium: 575.34mg (16.44%), Vitamin E: 2.19mg (14.59%), Zinc: 2.15mg (14.34%), Magnesium: 57.06mg (14.27%), Folate: 45.75µg (11.44%), Vitamin B6: 0.22mg (10.91%), Vitamin C: 8.96mg (10.86%), Vitamin B3: 1.78mg (8.91%), Iron: 1.28mg (7.11%), Vitamin B5: 0.55mg (5.46%), Manganese: 0.1mg (5.03%), Calcium: 40.75mg (4.08%), Copper: 0.08mg (3.75%), Vitamin B2: 0.06mg (3.47%), Vitamin B1: 0.04mg (2.84%), Fiber: 0.26g (1.05%)