



## Grilled Scallops with Tomato-Mint Sauce and Orzo

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 cups orzo pasta hot cooked
- 0.7 ounce mint leaves fresh chopped
- 0.5 cup green onions chopped
- 0.3 cup olive oil
- 0.3 cup orange juice
- 0.3 teaspoon salt

- 8 servings salt and pepper to taste
- 3 pounds sea scallops
- 1 large tomatoes seeded chopped

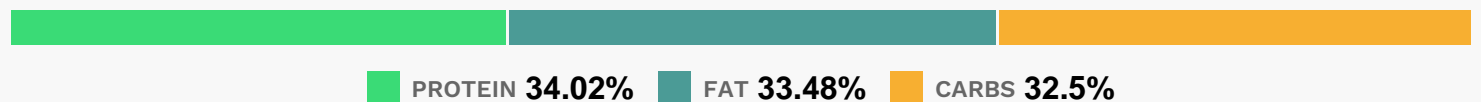
## Equipment

- bowl
- grill
- wooden skewers

## Directions

- Combine first 7 ingredients in a bowl, tossing to combine. Cover and chill 2 hours.
- Drain and reserve juice from tomato mixture; set mixture and juice aside.
- Thread scallops evenly onto wood skewers that have been soaked in water.
- Sprinkle with salt and pepper, and brush scallops with reserved juice.
- Grill scallops, covered with grill lid, over medium-high heat (350 to 400 to 450 degrees F)
- to 4 minutes on each side or just until scallops are opaque.
- Serve over cooked orzo, and top with reserved tomato mixture.

## Nutrition Facts



## Properties

Glycemic Index:25.31, Glycemic Load:7.47, Inflammation Score:-5, Nutrition Score:13.603478379872%

## Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 283.35kcal (14.17%), Fat: 10.37g (15.95%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 21.14g (7.69%), Sugar: 1.87g (2.08%), Cholesterol: 40.82mg (13.61%), Sodium: 936.88mg (40.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.71g (47.41%), Phosphorus: 606.59mg (60.66%), Selenium: 34.17µg (48.81%), Vitamin B12: 2.4µg (39.97%), Vitamin K: 20.27µg (19.3%), Potassium: 475.52mg (13.59%), Magnesium: 52.73mg (13.18%), Manganese: 0.25mg (12.66%), Zinc: 1.88mg (12.55%), Vitamin C: 10.21mg (12.38%), Folate: 43.7µg (10.93%), Vitamin E: 1.49mg (9.91%), Iron: 1.6mg (8.88%), Vitamin B6: 0.18mg (8.82%), Vitamin B3: 1.63mg (8.17%), Vitamin A: 378.29IU (7.57%), Fiber: 1.5g (6.01%), Copper: 0.12mg (5.89%), Vitamin B5: 0.47mg (4.71%), Vitamin B2: 0.05mg (3.16%), Vitamin B1: 0.04mg (2.96%), Calcium: 27.66mg (2.77%)