



Grilled Scallops with Tomato-Onion Relish

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons optional: dill fresh chopped
- 0.5 cup onion red finely chopped
- 4 teaspoons red-wine vinegar
- 0.8 teaspoon salt
- 1.5 lb sea scallops
- 1 teaspoon sugar
- 1 large tomatoes seeded chopped
- 4 servings vegetable oil for brushing grill

Equipment

- sieve
- grill
- grill pan

Directions

- Prepare grill for cooking.
- Soak onion in 1 cup water with 1/2 teaspoon salt 15 minutes, then drain. Stir together onion, tomato, vinegar, sugar, and remaining 1/4 teaspoon salt and let stand 20 minutes.
- Drain relish in a sieve, discarding liquid, then stir in dill.
- Pat scallops dry and season with salt and pepper. Grill scallops in 2 batches on lightly oiled grill rack, turning once, until just cooked through, 4 to 5 minutes.
- Serve scallops with relish.
- Scallops can be grilled in a hot lightly oiled well-seasoned ridged grill pan over high heat. To serve as an hors d'oeuvre, top each scallop with 1 teaspoon relish.

Nutrition Facts

 **PROTEIN 32.6%**  **FAT 51.87%**  **CARBS 15.53%**

Properties

Glycemic Index:37.52, Glycemic Load:1.58, Inflammation Score:-5, Nutrition Score:12.006087054377%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 262.2kcal (13.11%), Fat: 14.95g (23%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 9.18g (3.34%), Sugar: 3.04g (3.38%), Cholesterol: 40.82mg (13.61%), Sodium: 1106.42mg (48.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.29%), Phosphorus: 585.38mg (58.54%), Vitamin B12: 2.4µg (39.97%), Selenium: 21.88µg (31.26%), Vitamin K: 29.42µg (28.02%), Potassium: 489.27mg (13.98%),

Magnesium: 44.75mg (11.19%), Zinc: 1.66mg (11.09%), Vitamin C: 7.91mg (9.59%), Folate: 38.14µg (9.54%), Vitamin E: 1.39mg (9.3%), Vitamin B6: 0.18mg (9.25%), Vitamin A: 399.95IU (8%), Vitamin B3: 1.49mg (7.46%), Manganese: 0.11mg (5.63%), Iron: 0.85mg (4.74%), Vitamin B5: 0.43mg (4.32%), Copper: 0.08mg (3.75%), Fiber: 0.89g (3.56%), Vitamin B1: 0.04mg (2.54%), Vitamin B2: 0.04mg (2.37%), Calcium: 20.35mg (2.04%)