

Grilled Sea Scallops with Angel Hair Cooked in Squid Ink and Roasted Tomato-Saffron Vinaigrette

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

408 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups clam broth
- ☐ 1 tablespoon dijon mustard
- ☐ 1 cup olive oil extra virgin
- ☐ 4 cloves garlic chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 2 teaspoons honey

- ☐ 1 tablespoon olive oil
- ☐ 4 servings olive oil
- ☐ 1 large onion finely chopped
- ☐ 2 plum tomatoes soft sliced in half and oven roasted until and chopped
- ☐ 0.5 cup red wine vinegar
- ☐ 1 pinch saffron threads
- ☐ 4 servings salt and pepper freshly ground
- ☐ 12 sea scallops
- ☐ 1 shallots thinly sliced
- ☐ 1 tablespoons squid ink
- ☐ 1 cup white wine

Equipment

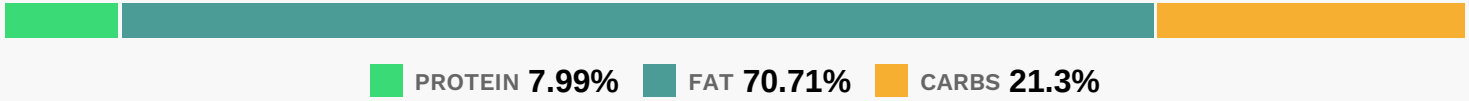
- ☐ sauce pan
- ☐ blender
- ☐ grill

Directions

- ☐ Place shallot, garlic, white wine and saffron in a small saucepan and reduce by 3/4
- ☐ Place the mixture into a blender, add the vinegar, mustard and honey and blend until smooth. With the motor running, drizzle in the olive oil and blend until emulsified.
- ☐ Add the tomatoes and blend for 10 second, just to chop slightly. Season with salt and pepper;
- ☐ Heat olive oil in a medium saucepan over medium heat.
- ☐ Add onion and garlic and cook until soft. Increase heat, add clam broth and squid ink and reduce by half, season with salt and pepper, to;
- ☐ Heat grill.
- ☐ Brush scallops with oil and season with salt and pepper to taste. Grill for 1 to 2 minutes on each side.
- ☐ Assemble: Squid ink broth 1 pound angel hair pasta, cooked al dente and drained well Grilled Scallops Tomato-Saffron Vinaigrette Chopped parsley

- ☐
- Bring the squid ink broth to a simmer over low heat.
- ☐
- Add the angel hair pasta to the broth and toss to coat. Divide the pasta among 4 plates.
- Arrange 3 scallops around the edge of the pasta and drizzle with the vinaigrette and choppe

Nutrition Facts



Properties

Glycemic Index:92.32, Glycemic Load:5.01, Inflammation Score:-7, Nutrition Score:8.878260716148%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg

Nutrients (% of daily need)

Calories: 407.57kcal (20.38%), Fat: 28.85g (44.38%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 19.56g (6.52%), Net Carbohydrates: 17.95g (6.53%), Sugar: 8.59g (9.54%), Cholesterol: 10.8mg (3.6%), Sodium: 1363.63mg (59.29%), Alcohol: 6.18g (100%), Alcohol %: 1.47% (100%), Protein: 7.34g (14.67%), Vitamin E: 4.27mg (28.47%), Phosphorus: 198.96mg (19.9%), Vitamin K: 20.08µg (19.13%), Manganese: 0.32mg (15.82%), Vitamin A: 764.4IU (15.29%), Selenium: 8.24µg (11.77%), Vitamin C: 9.59mg (11.62%), Vitamin B6: 0.23mg (11.61%), Vitamin B12: 0.63µg (10.58%), Potassium: 327.64mg (9.36%), Magnesium: 28.98mg (7.24%), Iron: 1.16mg (6.45%), Fiber: 1.6g (6.41%), Folate: 22.22µg (5.56%), Zinc: 0.73mg (4.89%), Vitamin B1: 0.06mg (3.85%), Copper: 0.08mg (3.82%), Calcium: 37.78mg (3.78%), Vitamin B3: 0.69mg (3.44%), Vitamin B5: 0.26mg (2.65%), Vitamin B2: 0.04mg (2.56%)