



## Iced Scallop Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 pound bay scallops
- 1 teaspoon optional: dill fresh chopped
- 2 tablespoons parsley fresh minced
- 2 tablespoons green onions sliced
- 2 tablespoons juice of lime
- 2 teaspoons juice of lime
- 0.3 cup mayonnaise
- 4 cups salad greens mixed

- 0.3 cup torn watercress
- 4 servings garnish: watercress sprigs fresh

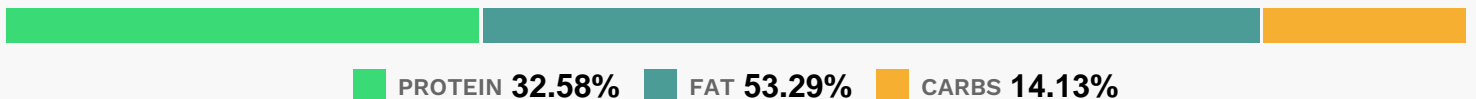
## Equipment

- food processor
- blender
- steamer basket

## Directions

- Arrange scallops in a steamer basket over boiling water. Cover, and steam 5 to 7 minutes or until done.
- Place in a shallow dish; drizzle with lime juice. Cover and chill.
- Process watercress and next 5 ingredients in a food processor or blender until smooth; chill.
- Arrange mixed salad greens on individual serving plates; top evenly with scallops and watercress mixture.
- NOTE: Our test kitchen staff liked the watercress mixture so much, they recommed doubling it.

## Nutrition Facts



## Properties

Glycemic Index:48.25, Glycemic Load:0.2, Inflammation Score:-9, Nutrition Score:15.963043583476%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 8.39mg, Kaempferol: 8.39mg, Kaempferol: 8.39mg, Kaempferol: 8.39mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

## Nutrients (% of daily need)

Calories: 188.01kcal (9.4%), Fat: 11.12g (17.11%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 6.27g (2.28%), Sugar: 0.41g (0.45%), Cholesterol: 33.1mg (11.03%), Sodium: 560.45mg (24.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.3g (30.6%), Vitamin K: 152.2µg (144.95%), Phosphorus: 422.65mg (42.27%), Vitamin C: 31.06mg (37.65%), Vitamin A: 1824.97IU (36.5%), Vitamin B12: 1.62µg (26.93%), Selenium: 15.35µg (21.93%), Potassium: 454.52mg (12.99%), Folate: 42.89µg (10.72%), Magnesium: 39.49mg (9.87%), Manganese: 0.18mg (8.87%), Vitamin B6: 0.17mg (8.5%), Zinc: 1.22mg (8.12%), Calcium: 62.85mg (6.28%), Vitamin E: 0.87mg (5.83%), Vitamin B3: 1.15mg (5.73%), Iron: 0.96mg (5.35%), Vitamin B2: 0.09mg (5.23%), Vitamin B5: 0.45mg (4.51%), Copper: 0.08mg (4.24%), Vitamin B1: 0.06mg (3.98%), Fiber: 0.37g (1.46%)