



## Lemon-Dill Bulgur Salad with Scallops

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 cups baby spinach trimmed ( 2 bunches)
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon bottled garlic minced
- 1 cup bulgur uncooked
- 1 cup corn kernels frozen thawed
- 2 cups cucumber seeded chopped
- 0.3 cup tablespoon dill dried fresh chopped
- 0.3 cup juice of lemon

- 2 tablespoons olive oil
- 1.5 cups plum tomatoes chopped
- 1.5 teaspoons salt
- 1.5 pounds sea scallops
- 1 teaspoon sugar
- 2 cups water

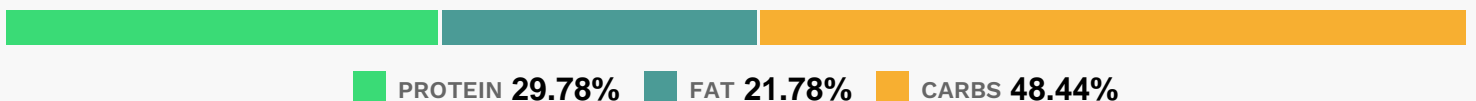
## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Bring the water to a boil in a medium saucepan.
- Add bulgur; partially cover, reduce heat, and simmer for 5 minutes.
- Drain; cool.
- While the bulgur cooks, heat a medium nonstick skillet coated with cooking spray over medium-high heat.
- Add scallops, and cook 3 minutes, turning once.
- Remove from heat; place scallops in a large bowl.
- Add bulgur, cucumber, and next 9 ingredients (cucumber through pepper) to scallops in bowl; toss well to coat.
- Place 1 cup watercress on each of 6 plates; top each serving with 1 cup scallop mixture.

## Nutrition Facts



## Properties

Glycemic Index:46.52, Glycemic Load:7.67, Inflammation Score:-9, Nutrition Score:21.749130352684%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 8.15mg, Kaempferol: 8.15mg, Kaempferol: 8.15mg, Kaempferol: 8.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg

## **Nutrients (% of daily need)**

Calories: 244.41kcal (12.22%), Fat: 6.14g (9.45%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 30.75g (10.25%), Net Carbohydrates: 24.63g (8.96%), Sugar: 4.47g (4.97%), Cholesterol: 27.22mg (9.07%), Sodium: 1109.17mg (48.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.9g (37.8%), Vitamin K: 96.27µg (91.68%), Phosphorus: 508.74mg (50.87%), Manganese: 1mg (49.82%), Vitamin C: 30.44mg (36.89%), Vitamin A: 1779.64IU (35.59%), Vitamin B12: 1.6µg (26.65%), Fiber: 6.12g (24.47%), Selenium: 15.7µg (22.43%), Magnesium: 88.58mg (22.14%), Potassium: 706.44mg (20.18%), Vitamin B6: 0.31mg (15.27%), Folate: 57.71µg (14.43%), Vitamin B3: 2.75mg (13.73%), Zinc: 1.83mg (12.17%), Copper: 0.23mg (11.35%), Vitamin B1: 0.14mg (9.58%), Vitamin E: 1.4mg (9.33%), Iron: 1.59mg (8.86%), Vitamin B5: 0.88mg (8.76%), Vitamin B2: 0.14mg (8.22%), Calcium: 78.05mg (7.81%)