



Pan-Seared Scallops for Two

 Gluten Free  Dairy Free  Low Fod Map

READY IN



50 min.

SERVINGS



50

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp planters almonds toasted sliced
- 0.3 tsp dill weed
- 0.5 lb green beans fresh trimmed
- 1 Tbsp juice of lemon
- 0.3 cup lite house dressing italian divided kraft
- 0.5 lb sea scallops (6 large)

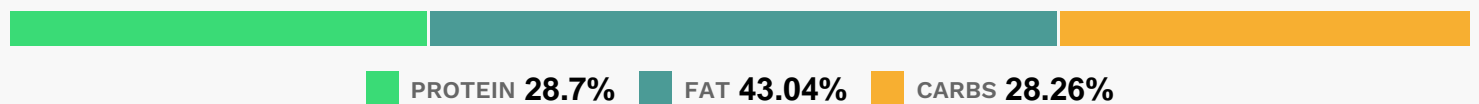
Equipment

- frying pan

Directions

- Pour 2 Tbsp. dressing over scallops in shallow dish; turn to evenly coat both sides of each scallop. Refrigerate 30 min. to marinate.
- Cook beans in remaining dressing in large skillet on medium-high heat 5 min. or until crisp-tender, stirring occasionally.
- Add lemon juice and dill; toss to coat. Cook 1 min., stirring frequently. Top with nuts.
- Remove from heat; cover to keep warm.
- Remove scallops from marinade; discard marinade.
- Heat large nonstick skillet on medium heat.
- Add scallops; cook 4 min. on each side or until opaque and lightly browned on both sides.
- Serve with the beans.

Nutrition Facts



Properties

Glycemic Index:1.42, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.71217391542766%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 9.74kcal (0.49%), Fat: 0.48g (0.74%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.54g (0.2%), Sugar: 0.3g (0.33%), Cholesterol: 1.09mg (0.36%), Sodium: 29.73mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin K: 2.61µg (2.48%), Phosphorus: 19mg (1.9%), Vitamin B12: 0.06µg (1.07%), Manganese: 0.02mg (1.01%)