



Pan-Seared Scallops with Tomatoes and Pesto

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black
- 0.5 teaspoon bottled garlic minced
- 1 tablespoon basil fresh chopped
- 2 cups grape tomatoes
- 2 tablespoons juice of lemon fresh
- 0.3 teaspoon lemon zest grated
- 2 teaspoons olive oil

- 3 tablespoons basil pesto
- 0.3 teaspoon salt
- 1.5 pounds scallops

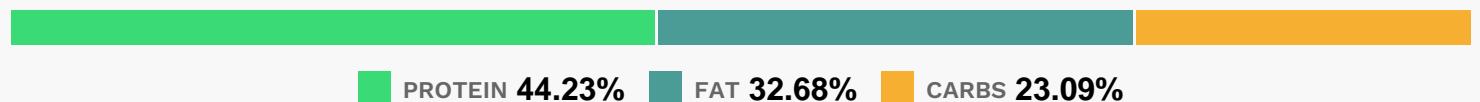
Equipment

- frying pan
- paper towels

Directions

- Heat a large cast-iron skillet over high heat. Pat scallops dry with paper towels; sprinkle with salt and pepper. Lightly coat pan with cooking spray.
- Add scallops to pan; cook 2 minutes on each side or until golden brown.
- Remove scallops from pan; keep warm. Reduce heat to medium.
- Add rind and next 4 ingredients (through garlic) to pan; bring to a simmer.
- Add tomatoes; cook 45 seconds, tossing to coat.
- Spoon about 2 teaspoons pesto on each of 4 plates. Arrange one-quarter of scallops and about 1/2 cup tomato mixture on each plate.
- Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:1.52, Inflammation Score:-7, Nutrition Score:12.249130404514%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 202.1kcal (10.11%), Fat: 7.17g (11.04%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 10.24g (3.73%), Sugar: 3.72g (4.13%), Cholesterol: 41.72mg (13.91%), Sodium: 923.15mg (40.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.85g (43.69%), Phosphorus: 589.57mg (58.96%), Vitamin B12: 2.4µg (39.97%), Selenium: 21.88µg (31.25%), Vitamin A: 880.12IU (17.6%), Vitamin C: 13.56mg (16.43%), Potassium: 547.84mg (15.65%), Magnesium: 47.74mg (11.93%), Zinc: 1.7mg (11.32%), Folate: 40.29µg (10.07%), Vitamin B6: 0.2mg (9.82%), Vitamin K: 9.38µg (8.93%), Vitamin B3: 1.66mg (8.28%), Manganese: 0.16mg (7.89%), Iron: 1.03mg (5.71%), Vitamin E: 0.71mg (4.72%), Fiber: 1.16g (4.65%), Copper: 0.09mg (4.6%), Vitamin B5: 0.45mg (4.49%), Calcium: 41.23mg (4.12%), Vitamin B1: 0.04mg (2.86%), Vitamin B2: 0.04mg (2.48%)