



## Pan Seared Shrimp and Scallop Skewers

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



111 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 inch bamboo skewers
- 1 tablespoon olive oil extra virgin
- 2 tablespoons flat parsley chopped
- 16 jumbo shrimp deveined peeled
- 1 lemon zest juiced
- 0.5 teaspoon pepper flakes red crushed
- 4 servings salt and pepper
- 16 sea scallops

1 teaspoon paprika sweet

## Equipment

frying pan

skewers

## Directions

Watch how to make this recipe.

Preheat a large nonstick skillet over medium high to high heat.

On bamboo skewers, thread 4 shrimp on 4 skewers, 4 scallops on each of 4 skewers. Season both shrimp and scallop skewers with salt and pepper on both sides.

Combine paprika, crushed pepper, lemon zest and parsley in a small dish.

Sprinkle combined herbs and spices over shrimp and rub.

Add a 1/2 a turn of the pan of extra virgin olive oil, (1 1/2 teaspoons), to the hot skillet and sear the shrimps 3 minutes on each side or until curled and pink. Squeeze the juice of 1/2 lemon over the pan and remove to a warm platter. Return pan to the heat and add remaining oil. Cook scallops 3 to 4 minutes on each side or until caramel in color. Squeeze the juice of 1/2 lemon over the pan and transfer skewers to serving platter along side shrimp.

## Nutrition Facts

**PROTEIN 56.22%** **FAT 33.67%** **CARBS 10.11%**

## Properties

Glycemic Index:19.75, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:7.2230435583902%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 110.6kcal (5.53%), Fat: 4.13g (6.36%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.22g (0.25%), Cholesterol: 78.8mg (26.27%), Sodium: 482.58mg (20.98%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.53g (31.06%), Vitamin K: 35.57µg (33.88%), Phosphorus: 290.61mg (29.06%), Vitamin B12: 0.85µg (14.1%), Selenium: 7.79µg (11.14%), Vitamin A: 491.92IU (9.84%), Copper: 0.19mg (9.26%), Zinc: 1.16mg (7.77%), Potassium: 261.48mg (7.47%), Magnesium: 29.84mg (7.46%), Vitamin C: 4.64mg (5.63%), Vitamin E: 0.79mg (5.25%), Iron: 0.75mg (4.19%), Calcium: 36.4mg (3.64%), Vitamin B6: 0.07mg (3.47%), Folate: 13.26µg (3.32%), Vitamin B3: 0.54mg (2.69%), Manganese: 0.05mg (2.26%), Fiber: 0.54g (2.16%), Vitamin B5: 0.16mg (1.6%), Vitamin B2: 0.02mg (1.27%)