



Pepper and Coriander Scallop Skewers with Tarragon Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 head boston lettuce chopped (or bibb)
- ☐ 2 tablespoon coriander seeds crushed
- ☐ 1 cucumber peeled thinly sliced
- ☐ 1 egg white
- ☐ 2 tablespoon flour all-purpose
- ☐ 0.3 cup tarragon fresh chopped
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 2 tablespoons orange juice
- ☐ 1 tablespoon coarsely peppercorns black crushed
- ☐ 1 teaspoon salt
- ☐ 1.5 pounds sea scallops
- ☐ 2 tangerines

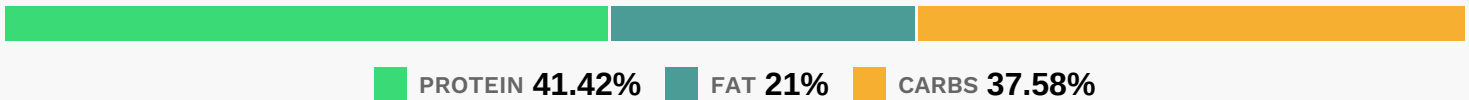
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Coat grill with cooking spray; heat on high.
- ☐ Whisk juice, oil and 1/2 teaspoon of the salt in a bowl; set aside.
- ☐ Combine lettuce, tangerines, cucumber and tarragon in another bowl; set aside.
- ☐ Mix flour, coriander and peppercorns on foil.
- ☐ Sprinkle scallops with remaining 1/2 teaspoon salt; dip in egg white. Press scallops into peppercorn mixture; slide lengthwise onto skewers. Grill scallops, turning occasionally, until no longer translucent, about 7 minutes.
- ☐ Remove from skewers. Toss salad greens with dressing and arrange on 4 plates; top with scallops.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:6.08, Inflammation Score:-9, Nutrition Score:21.475217321645%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 4.51mg, Hesperetin: 4.51mg, Hesperetin: 4.51mg, Hesperetin: 4.51mg Naringenin: 4.59mg, Naringenin: 4.59mg, Naringenin: 4.59mg, Naringenin: 4.59mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 230.43kcal (11.52%), Fat: 5.5g (8.47%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 22.16g (7.39%), Net Carbohydrates: 18.37g (6.68%), Sugar: 6.88g (7.64%), Cholesterol: 40.82mg (13.61%), Sodium: 1268.6mg (55.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.84%), Phosphorus: 636.89mg (63.69%), Vitamin K: 53.31µg (50.77%), Manganese: 0.82mg (41.16%), Vitamin B12: 2.41µg (40.09%), Vitamin A: 1872.93IU (37.46%), Selenium: 25.83µg (36.91%), Vitamin C: 22.02mg (26.7%), Folate: 93.37µg (23.34%), Potassium: 815.28mg (23.29%), Magnesium: 83.18mg (20.8%), Iron: 3.28mg (18.25%), Vitamin B6: 0.32mg (15.98%), Fiber: 3.8g (15.2%), Zinc: 2.09mg (13.96%), Calcium: 118.77mg (11.88%), Vitamin B2: 0.19mg (11.4%), Vitamin B3: 2.16mg (10.82%), Copper: 0.21mg (10.39%), Vitamin B1: 0.14mg (9.2%), Vitamin B5: 0.78mg (7.84%), Vitamin E: 0.72mg (4.8%)