



Rosemary Fried Scallops with Tomato-Caper Salad

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

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon capers
- 2 tablespoons cornmeal
- 1 tablespoon parsley fresh chopped
- 1 teaspoon rosemary fresh chopped
- 1 tablespoon olive oil
- 2 teaspoons rice vinegar

- 0.3 teaspoon salt
- 1.5 pounds sea scallops
- 0.3 teaspoon sugar
- 2 cups tomatoes chopped

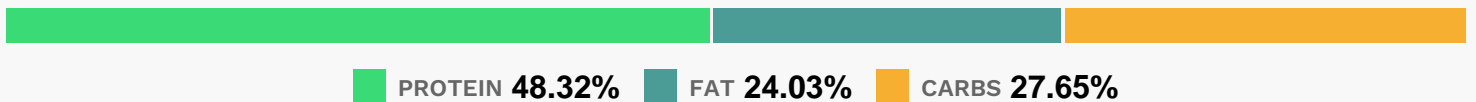
Equipment

- frying pan
- ziploc bags

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Combine tomato and next 6 ingredients (through pepper).
- Combine cornmeal, rosemary, and scallops in a zip-top plastic bag; seal and shake well to coat.
- Add scallops to pan; cook 3 minutes on each side or until done.
- Serve with tomato salad.

Nutrition Facts



Properties

Glycemic Index:72.65, Glycemic Load:3.14, Inflammation Score:-6, Nutrition Score:13.070869684219%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 183.5kcal (9.17%), Fat: 4.81g (7.4%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 10.95g (3.98%), Sugar: 2.31g (2.56%), Cholesterol: 40.82mg (13.61%), Sodium: 872.14mg (37.92%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.51%), Phosphorus: 598.35mg (59.83%), Vitamin B12: 2.4µg (39.97%), Selenium: 22.12µg (31.6%), Vitamin K: 25.1µg (23.9%), Potassium: 549.65mg (15.7%), Vitamin A: 714.1IU (14.28%), Vitamin C: 11.63mg (14.09%), Magnesium: 52.39mg (13.1%), Zinc: 1.85mg (12.33%), Vitamin B6: 0.22mg (10.75%), Folate: 42.12µg (10.53%), Vitamin B3: 1.79mg (8.95%), Manganese: 0.17mg (8.35%), Vitamin E: 0.95mg (6.34%), Iron: 1.13mg (6.27%), Fiber: 1.5g (5.98%), Copper: 0.11mg (5.31%), Vitamin B5: 0.47mg (4.68%), Vitamin B1: 0.06mg (3.72%), Vitamin B2: 0.05mg (2.85%), Calcium: 21.05mg (2.1%)