



Sautéed Scallops with Cherry Tomatoes, Green Onions, and Parsley



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings coarse kosher salt
- ☐ 12 ounce grape tomatoes
- ☐ 4 large green onions separated chopped
- ☐ 0.5 teaspoon hungarian paprika sweet spanish (pimentn dulce)
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 4 tablespoons olive oil extra-virgin divided
- ☐ 4 tablespoons parsley fresh italian divided coarsely chopped

☐ 1.5 pounds sea scallops

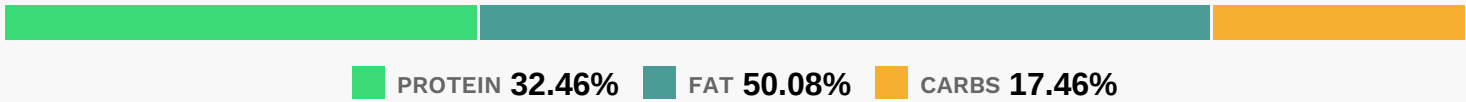
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Rinse and drain scallops; pat dry with paper towels.
- ☐ Sprinkle with fleur de sel and pepper.
- ☐ Heat 2 tablespoons oil in large skillet over medium-high heat.
- ☐ Add scallops; sauté until browned outside and just opaque in center, about 2 minutes per side.
- ☐ Transfer scallops to plate; cover.
- ☐ Add 1 tablespoon oil to same skillet; add white parts of green onions and sauté until almost tender, about 1 minute.
- ☐ Add tomatoes and green parts of onions and sauté until tomatoes begin to burst and release juices, about 5 minutes. Stir in 3 tablespoons parsley, lemon juice, and paprika. Return scallops and any accumulated juices to skillet and stir just until heated through, about 1 minute. Season with salt and pepper.
- ☐ Transfer scallop mixture to platter.
- ☐ Drizzle with 1 tablespoon oil and sprinkle with 1 tablespoon chopped fresh parsley.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.43, Inflammation Score:-8, Nutrition Score:19.335217517355%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.07mg,

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 269.06kcal (13.45%), Fat: 15.07g (23.18%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 10.32g (3.75%), Sugar: 3.04g (3.38%), Cholesterol: 40.82mg (13.61%), Sodium: 876.73mg (38.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.97g (43.95%), Vitamin K: 128.36µg (122.25%), Phosphorus: 605.19mg (60.52%), Vitamin C: 33.77mg (40.93%), Vitamin B12: 2.4µg (39.97%), Selenium: 22.38µg (31.97%), Vitamin A: 1131.01IU (22.62%), Potassium: 642.73mg (18.36%), Vitamin E: 2.75mg (18.33%), Folate: 62.72µg (15.68%), Magnesium: 53.2mg (13.3%), Zinc: 1.82mg (12.16%), Vitamin B6: 0.22mg (11.04%), Iron: 1.98mg (11.03%), Vitamin B3: 1.87mg (9.34%), Manganese: 0.17mg (8.52%), Copper: 0.13mg (6.67%), Fiber: 1.5g (5.99%), Vitamin B5: 0.53mg (5.31%), Calcium: 44.59mg (4.46%), Vitamin B2: 0.07mg (4.29%), Vitamin B1: 0.06mg (4.22%)