



Sauteed Scallops with Andouille and Baby Greens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces andouille sausage cut into 1/2-inch pieces
- ☐ 1.5 teaspoons dijon mustard
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4.5 ounce baby greens mixed
- ☐ 0.5 cup olive oil
- ☐ 18 sea scallops trimmed halved
- ☐ 0.3 cup shallots chopped

☐ 3 tablespoons sherry wine vinegar

Equipment

☐ bowl

☐ frying pan

☐ whisk

Directions

☐ Whisk chopped shallots, Sherry wine vinegar, and Dijon mustard in medium bowl to blend. Gradually whisk in 1/2 cup olive oil. Season dressing to taste with salt and pepper. (Can be prepared 3 hours ahead. Cover dressing and let stand at room temperature. Rewhisk before using.)

☐ Toss mixed baby greens in large bowl with enough dressing to coat. Divide salad among 6 plates.

☐ Heat 2 tablespoons of remaining olive oil in heavy large skillet over medium-high heat.

☐ Sprinkle scallops with salt and pepper.

☐ Add scallops to skillet in single layer. Cook until scallops are just opaque in center and lightly browned and all juices have evaporated, about 2 minutes per side.

☐ Transfer scallops to plate.

☐ Heat remaining 1 tablespoon oil in same skillet over high heat.

☐ Add sausage and sauté until crisp, about 3 minutes. Return scallops to skillet and stir just until heated through, about 30 seconds.

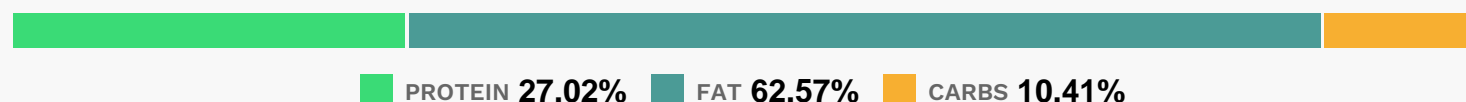
☐ Sprinkle scallop and andouille sausage mixture around salads, dividing equally.

☐ Drizzle scallop and andouille sausage mixture with some of remaining dressing.

☐ Sprinkle with parsley and serve.

☐ * Smoked pork-and-beef sausages, sold at specialty foods stores and supermarkets. Kielbasa can be substituted.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:7.5730435278105%

Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 168.18kcal (8.41%), Fat: 11.61g (17.86%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 3.93g (1.43%), Sugar: 1.11g (1.24%), Cholesterol: 35.18mg (11.73%), Sodium: 429.04mg (18.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.56%), Vitamin K: 24.13µg (22.98%), Phosphorus: 209.47mg (20.95%), Selenium: 12.26µg (17.51%), Vitamin B12: 0.91µg (15.21%), Vitamin B3: 2.21mg (11.06%), Vitamin C: 7.54mg (9.14%), Zinc: 1.21mg (8.08%), Potassium: 270.92mg (7.74%), Vitamin A: 368.11IU (7.36%), Vitamin B6: 0.14mg (7.06%), Vitamin B1: 0.09mg (6.1%), Vitamin E: 0.79mg (5.28%), Folate: 20.82µg (5.2%), Iron: 0.92mg (5.11%), Magnesium: 20.41mg (5.1%), Vitamin B2: 0.07mg (4.2%), Manganese: 0.08mg (4%), Vitamin B5: 0.37mg (3.65%), Copper: 0.05mg (2.67%), Vitamin D: 0.4µg (2.65%), Fiber: 0.41g (1.65%), Calcium: 14.78mg (1.48%)