



Scallop, Prosciutto, and Mâche Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons canola oil
- 1.5 cups peas fresh green frozen thawed
- 0.8 tsp kosher salt divided
- 2 tablespoons lemon zest
- 3.5 oz lambs lettuce loosely packed
- 3 tablespoons meyer lemon juice
- 1 tablespoon olive oil extra-virgin
- 2 ounces pancetta

- 16 large dry-packed sea scallops*; pull off the tough slender muscle from the side of each

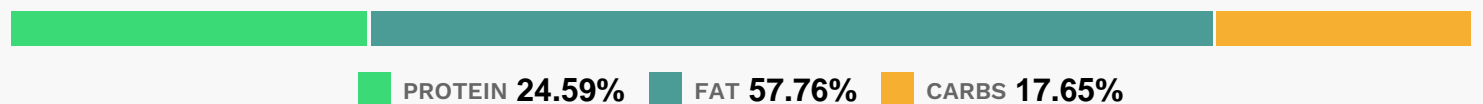
Equipment

- frying pan
- sauce pan
- whisk

Directions

- Pat scallops dry.
- Heat a large frying pan (not nonstick) over high heat until a drop of water sizzles when flicked onto it.
- Add grapeseed oil, then scallops; season with 1/4 tsp. salt. Saut scallops without moving them until browned and easily turned, 3 minutes. Turn and brown other side, 2 minutes.
- Transfer to a plate.
- Whisk lemon zest and juice with olive oil and 1/2 tsp. salt.
- Cook peas in a saucepan of salted boiling water until just tender, 2 minutes for fresh, 30 seconds for frozen; drain and rinse with cold water.
- Toss mche, peas, and prosciutto with 2 tbsp. dressing. Arrange on a platter with scallops.
- Drizzle with dressing to taste and serve immediately.
- *Dry-packed sea scallops smell fresh and are slightly sticky with no liquid oozing from them; find them at good seafood shops.

Nutrition Facts



Properties

Glycemic Index:17.46, Glycemic Load:2.22, Inflammation Score:-7, Nutrition Score:15.481304298276%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 2.13mg, Eriodictyol: 2.13mg, Eriodictyol: 2.13mg, Eriodictyol: 2.13mg Hesperetin: 3.69mg, Hesperetin: 3.69mg, Hesperetin: 3.69mg, Hesperetin: 3.69mg Naringenin:

0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 318.3kcal (15.92%), Fat: 20.5g (31.54%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 10.75g (3.91%), Sugar: 3.55g (3.95%), Cholesterol: 38.16mg (12.72%), Sodium: 1009.76mg (43.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.64g (39.28%), Phosphorus: 491.69mg (49.17%), Vitamin C: 35.78mg (43.37%), Vitamin B12: 1.76µg (29.38%), Selenium: 19.33µg (27.61%), Vitamin K: 23.08µg (21.98%), Folate: 66.79µg (16.7%), Vitamin E: 2.5mg (16.67%), Manganese: 0.29mg (14.3%), Vitamin A: 708.91IU (14.18%), Vitamin B1: 0.21mg (13.68%), Vitamin B3: 2.7mg (13.52%), Potassium: 471.32mg (13.47%), Fiber: 3.34g (13.36%), Zinc: 2mg (13.31%), Magnesium: 50.05mg (12.51%), Vitamin B6: 0.25mg (12.41%), Iron: 1.55mg (8.59%), Copper: 0.15mg (7.33%), Vitamin B2: 0.12mg (6.87%), Vitamin B5: 0.45mg (4.52%), Calcium: 27.63mg (2.76%)