



## Scallop Salad with Haricots Verts and Truffle Oil

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 small heads belgian endive thinly sliced
- 2.5 tablespoons canola oil
- 2 tablespoons flour with salt and pepper instant
- 0.3 cup chives fresh chopped
- 6 ounces haricots verts trimmed cut into 2-inch lengths, blanched
- 10 ounces scallops dry
- 1.5 tablespoons shallots minced

- 3 tablespoons sherry wine vinegar
- 4 teaspoons truffle oil white

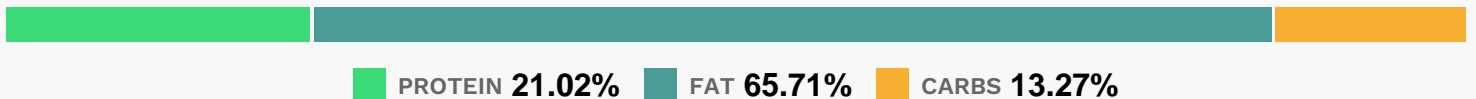
## Equipment

- bowl
- frying pan
- whisk

## Directions

- In a small bowl, whisk the vinegar, shallots, and 1 1/2 tablespoons canola oil together into a vinaigrette.
- In a medium bowl, toss to combine the endive and 2 tablespoons vinaigrette.
- Heat remaining 1 tablespoon of canola oil in large non-stick skillet over medium heat. Dip scallops in seasoned instant flour.
- Add to skillet and cook 3 minutes; turn over and cook until almost opaque in center, about 2 minutes or longer.
- Place 3 scallops around border of each plate. Using half of haricots verts for each plate, place 3 small bundles of haricots verts between scallops. Mound half of endive mixture in center of each plate.
- Drizzle remaining vinaigrette over haricots verts and scallops.
- Drizzle 2 teaspoons truffle oil on each salad.
- Sprinkle salads with chives.

## Nutrition Facts



## Properties

Glycemic Index:60.5, Glycemic Load:2.02, Inflammation Score:-7, Nutrition Score:16.364782810211%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

## **Nutrients (% of daily need)**

Calories: 360.94kcal (18.05%), Fat: 26.43g (40.66%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 9.32g (3.39%), Sugar: 3.46g (3.84%), Cholesterol: 34.02mg (11.34%), Sodium: 7540.22mg (327.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.02g (38.04%), Vitamin K: 64.57µg (61.5%), Phosphorus: 515.22mg (51.52%), Vitamin B12: 2µg (33.31%), Vitamin E: 4.58mg (30.51%), Selenium: 18.81µg (26.87%), Vitamin C: 14.02mg (17%), Vitamin A: 809.33IU (16.19%), Potassium: 522.29mg (14.92%), Folate: 58.92µg (14.73%), Magnesium: 57.3mg (14.33%), Manganese: 0.28mg (13.89%), Vitamin B6: 0.26mg (12.83%), Fiber: 2.69g (10.77%), Zinc: 1.58mg (10.52%), Iron: 1.79mg (9.96%), Vitamin B3: 1.67mg (8.35%), Vitamin B2: 0.12mg (6.9%), Vitamin B1: 0.09mg (5.91%), Copper: 0.11mg (5.69%), Vitamin B5: 0.54mg (5.36%), Calcium: 53.29mg (5.33%)