



Scallops à La Provençal

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups arugula
- 2 teaspoons balsamic vinegar
- 0.5 teaspoon pepper black divided freshly ground
- 5 cups cherry tomatoes
- 2 cups ears corn fresh
- 5 teaspoons thyme sprigs fresh divided chopped
- 2.5 tablespoons garlic divided chopped
- 5 teaspoons olive oil divided

- 0.5 teaspoon salt divided
- 1 pound scallops

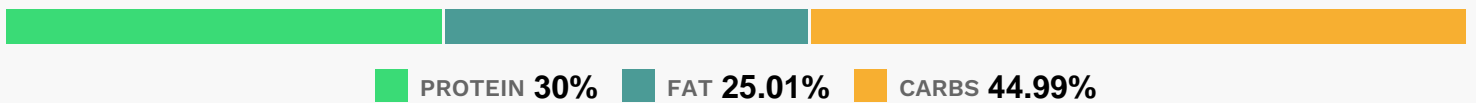
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 375°F. In a bowl, combine tomatoes with 2 tablespoons garlic, 3 teaspoons thyme, 3 teaspoons oil, 1/4 teaspoons salt and 1/4 teaspoon black pepper. Coat a rimmed sheet pan with cooking spray; spread tomato mixture on pan in a single layer.
- Bake, stirring once or twice, until tomatoes are soft and slightly charred, 20 to 25 minutes. Stir corn into tomato mixture. In same bowl, toss scallops with remaining 2 teaspoons thyme, 2 teaspoons oil, 1/2 tablespoon garlic, 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- Place scallops on top of tomato mixture; bake until scallops are just cooked through, 12 to 15 minutes.
- Transfer scallops to a plate; cut in half. Stir vinegar and 2 tablespoons herbs into tomato mixture. Divide arugula, tomato mixture and scallops among 4 bowls; sprinkle with remaining 1 tablespoon herbs.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:0.89, Inflammation Score:-10, Nutrition Score:19.430434724559%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 233.62kcal (11.68%), Fat: 6.88g (10.59%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 27.85g (9.28%), Net Carbohydrates: 24.42g (8.88%), Sugar: 9.81g (10.9%), Cholesterol: 27.22mg (9.07%), Sodium: 771.07mg (33.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.14%), Vitamin C: 54.46mg (66.01%), Phosphorus: 511.79mg (51.18%), Vitamin A: 1407.63IU (28.15%), Vitamin B12: 1.6µg (26.65%), Manganese: 0.53mg (26.38%), Potassium: 912.65mg (26.08%), Selenium: 16.63µg (23.76%), Folate: 83.82µg (20.96%), Magnesium: 79.22mg (19.81%), Vitamin K: 19.84µg (18.89%), Vitamin B6: 0.38mg (18.8%), Vitamin B3: 3.19mg (15.93%), Iron: 2.81mg (15.64%), Fiber: 3.43g (13.73%), Vitamin B1: 0.2mg (13.55%), Vitamin E: 1.86mg (12.42%), Copper: 0.25mg (12.28%), Zinc: 1.78mg (11.88%), Vitamin B5: 1.09mg (10.91%), Vitamin B2: 0.12mg (7.3%), Calcium: 65.93mg (6.59%)