



Scallops à La Provençal



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 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
- ☐ 3 tablespoons herbs: rosemary fresh divided chopped

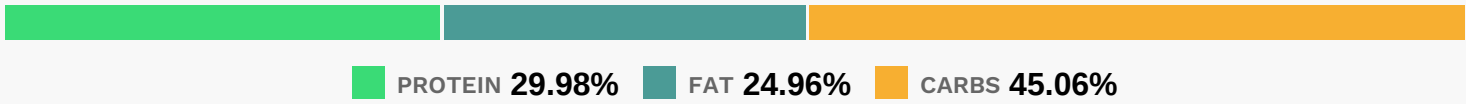
Equipment

- ☐ 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:55.25, Glycemic Load:0.92, Inflammation Score:-10, Nutrition Score:22.142608621846%

Flavonoids

Apigenin: 6.53mg, Apigenin: 6.53mg, Apigenin: 6.53mg, Apigenin: 6.53mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 2.19mg, Quercetin: 2.19mg,

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Nutrients (% of daily need)

Calories: 234.7kcal (11.74%), Fat: 6.9g (10.62%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 28.04g (9.35%), Net Carbohydrates: 24.51g (8.91%), Sugar: 9.83g (10.92%), Cholesterol: 27.22mg (9.07%), Sodium: 772.75mg (33.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.66g (37.32%), Vitamin C: 58.45mg (70.85%), Vitamin K: 69.04µg (65.75%), Phosphorus: 513.53mg (51.35%), Vitamin A: 1660.35IU (33.21%), Vitamin B12: 1.6µg (26.65%), Manganese: 0.53mg (26.62%), Potassium: 929.27mg (26.55%), Selenium: 16.64µg (23.77%), Folate: 88.38µg (22.1%), Magnesium: 80.72mg (20.18%), Vitamin B6: 0.38mg (18.94%), Iron: 3mg (16.67%), Vitamin B3: 3.22mg (16.12%), Fiber: 3.53g (14.12%), Vitamin B1: 0.21mg (13.72%), Vitamin E: 1.89mg (12.57%), Copper: 0.25mg (12.5%), Zinc: 1.81mg (12.09%), Vitamin B5: 1.1mg (11.03%), Vitamin B2: 0.13mg (7.48%), Calcium: 70.07mg (7.01%)