



Scallops with Artichokes and Tomatoes



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



115 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bay scallops
- ☐ 0.3 cup spring onion sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper white
- ☐ 1 garlic clove finely chopped
- ☐ 9 ounces artichoke hearts frozen thawed drained
- ☐ 1 cup cherry tomatoes cut in fourths
- ☐ 1 cup pkt spinach shredded

☐ 1 tablespoon juice of lemon

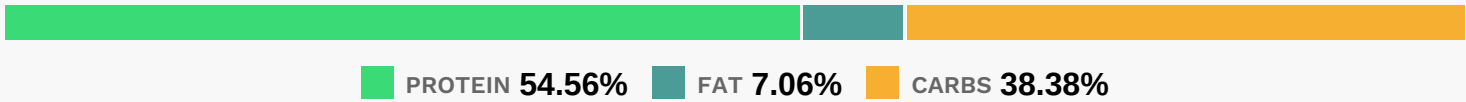
Equipment

☐ frying pan

Directions

- ☐ Cook scallops, onions, salt, white pepper and garlic in 10-inch nonstick skillet over medium-high heat 4 minutes, stirring frequently, until scallops are white.
- ☐ Stir in artichokes, tomatoes and spinach. Cook, stirring occasionally, until tomatoes are hot and spinach is wilted; drain.
- ☐ Sprinkle with lemon juice.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:14.387826090274%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 115.04kcal (5.75%), Fat: 0.93g (1.42%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 8.21g (2.99%), Sugar: 1.21g (1.34%), Cholesterol: 27.22mg (9.07%), Sodium: 631.03mg (27.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.1g (32.21%), Vitamin K: 50.22µg (47.83%), Phosphorus: 433.72mg (43.37%), Folate: 122.69µg (30.67%), Vitamin B12: 1.6µg (26.65%), Selenium: 15.05µg (21.51%), Vitamin A: 1049.67IU (20.99%), Vitamin C: 16.85mg (20.43%), Potassium: 537.91mg (15.37%), Manganese: 0.31mg (15.34%), Magnesium: 53.17mg (13.29%), Fiber: 3.12g (12.48%), Vitamin B6: 0.19mg (9.7%), Zinc: 1.36mg (9.09%), Vitamin B3: 1.64mg (8.2%), Vitamin B2: 0.14mg (7.95%), Iron: 1.32mg (7.36%), Copper: 0.11mg (5.35%), Vitamin B1: 0.07mg (4.67%), Vitamin B5: 0.43mg (4.31%), Calcium: 36.78mg (3.68%), Vitamin E: 0.4mg (2.68%)