



## Scallops with Basil and Tomato

 Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



136 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon basil leaves dried
- 2 tablespoons parsley fresh chopped
- 1 garlic clove minced
- 1 tablespoon butter light
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 1 pound sea scallops

1 cup tomatoes seeded chopped ( 1 large)

## Equipment

bowl

frying pan

## Directions

Combine first 6 ingredients in a small bowl. Set aside.

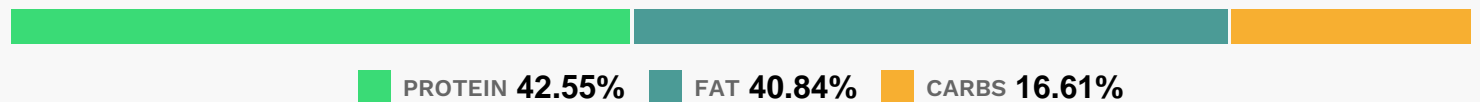
Heat oil and butter in a large nonstick skillet over medium-high heat.

Add scallops, and cook 2 minutes on each side.

Add tomato mixture to pan, and cook 1 minute, stirring gently, until thoroughly heated.

Serve immediately with lemon wedges, if desired.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:9.5169563131488%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 135.8kcal (6.79%), Fat: 6.09g (9.37%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 4.96g (1.8%), Sugar: 1.01g (1.12%), Cholesterol: 30.93mg (10.31%), Sodium: 739.77mg (32.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.54%), Phosphorus: 391.73mg (39.17%), Vitamin K: 40.38µg (38.46%), Vitamin B12: 1.6µg (26.72%), Selenium: 14.67µg (20.96%), Vitamin A: 543.29IU (10.87%), Potassium: 342.36mg (9.78%), Vitamin C: 8mg (9.69%), Magnesium: 31.52mg (7.88%), Zinc: 1.15mg (7.64%), Folate: 27.24µg (6.81%), Vitamin B6: 0.13mg (6.3%), Manganese: 0.11mg (5.32%), Vitamin B3: 1.06mg (5.29%), Vitamin E: 0.79mg (5.27%), Iron: 0.85mg (4.74%), Vitamin B5: 0.29mg (2.92%), Copper: 0.06mg (2.89%), Fiber: 0.61g (2.43%), Calcium: 19.9mg (1.99%), Vitamin B2: 0.03mg (1.83%), Vitamin B1: 0.03mg (1.7%)