



Scallops with Citrus and Quinoa

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 teaspoon coriander seeds crushed
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 servings kosher salt
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 3 oranges
- ☐ 4 servings pepper freshly ground
- ☐ 0.8 cup quinoa rinsed well

- ☐ 1.3 pounds sea scallops
- ☐ 2 tablespoons sugar
- ☐ 4 tangerines
- ☐ 2 tablespoons butter unsalted cold cut into pieces

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine the quinoa, 2 cups water and 1/2 teaspoon salt in a saucepan and bring to a boil over high heat. Reduce the heat to low and simmer, uncovered, until the water is absorbed, 12 to 14 minutes.
- ☐ Meanwhile, grate 1 teaspoon orange zest, then juice all 3 oranges and the tangerines into a bowl.
- ☐ Sprinkle the sugar in a skillet and cook over medium-high heat until dark amber, about 5 minutes.
- ☐ Remove from the heat and whisk in the vinegar, citrus juices and zest, and the coriander. Return to medium heat and boil until thick, about 8 minutes.
- ☐ Remove from the heat and whisk in the butter; keep warm.
- ☐ Season the scallops on one side with salt and pepper.
- ☐ Heat the oil in a large cast-iron skillet over medium heat.
- ☐ Add the scallops seasoned-side down and sear until golden, 4 to 5 minutes. Flip and cook until golden on the other side, 2 to 3 more minutes.
- ☐ Fluff the quinoa with a fork and divide among plates. Top with the scallops, drizzle with the citrus sauce and sprinkle with the parsley.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:64.65, Glycemic Load:12.4, Inflammation Score:-9, Nutrition Score:23.715217142001%

Flavonoids

Hesperetin: 33.76mg, Hesperetin: 33.76mg, Hesperetin: 33.76mg, Hesperetin: 33.76mg Naringenin: 23.87mg, Naringenin: 23.87mg, Naringenin: 23.87mg, Naringenin: 23.87mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 392.94kcal (19.65%), Fat: 9.82g (15.1%), Saturated Fat: 4.2g (26.23%), Carbohydrates: 54.67g (18.22%), Net Carbohydrates: 48.23g (17.54%), Sugar: 24.53g (27.26%), Cholesterol: 49.07mg (16.36%), Sodium: 754.59mg (32.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.39g (46.79%), Vitamin C: 77.2mg (93.58%), Phosphorus: 655.22mg (65.52%), Manganese: 0.77mg (38.26%), Vitamin B12: 2.01µg (33.51%), Folate: 126.63µg (31.66%), Selenium: 21.68µg (30.97%), Magnesium: 117.02mg (29.25%), Fiber: 6.44g (25.76%), Potassium: 811.74mg (23.19%), Vitamin A: 1088.77IU (21.78%), Vitamin B6: 0.39mg (19.38%), Vitamin B1: 0.26mg (17.58%), Vitamin K: 17.66µg (16.81%), Zinc: 2.45mg (16.35%), Copper: 0.31mg (15.58%), Iron: 2.4mg (13.32%), Vitamin B2: 0.2mg (11.75%), Vitamin B3: 2.12mg (10.58%), Calcium: 102.85mg (10.28%), Vitamin B5: 1mg (10%), Vitamin E: 1.45mg (9.64%)