



Scallops with Melon Relish



Gluten Free



Dairy Free

READY IN



96 min.

SERVINGS



8

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups cantaloupe finely chopped ()
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 6 tablespoons cilantro leaves fresh chopped
- ☐ 3 cups wedges honeydew melon finely chopped ()
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 teaspoons salt
- ☐ 2 pounds scallops

☐ 0.3 cup shallots finely chopped (2 large)

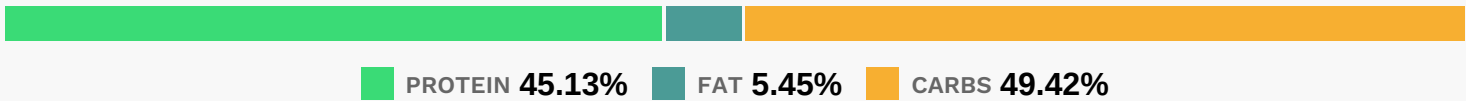
Equipment

- ☐ bowl
- ☐ oven
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Mix all ingredients except scallops; reserve 4 cups.
- ☐ Mix remaining melon relish and the scallops in glass or plastic bowl. Cover and refrigerate scallop mixture and 4 cups reserved relish separately at least 1 hour but no longer than 24 hours.
- ☐ Set oven control to broil. Spray broiler pan rack with cooking spray.
- ☐ Remove scallops from marinade; discard marinade. Thread scallops on twelve 11-inch skewers.
- ☐ Place on rack in broiler pan. Broil with tops about 4 inches from heat 3 minutes; turn. Broil about 3 minutes longer or until scallops are white.
- ☐ Serve reserved 4 cups relish over scallops.

Nutrition Facts



Properties

Glycemic Index:20.19, Glycemic Load:3.29, Inflammation Score:-9, Nutrition Score:11.254347731238%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.37mg,
Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin:
1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin:
0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.04mg, Kaempferol: 0.04mg,
Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin:

0.19mg

Nutrients (% of daily need)

Calories: 129kcal (6.45%), Fat: 0.79g (1.22%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 14.85g (5.4%), Sugar: 10.69g (11.87%), Cholesterol: 27.22mg (9.07%), Sodium: 912.16mg (39.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.49%), Vitamin A: 2104.35IU (42.09%), Phosphorus: 401.44mg (40.14%), Vitamin B12: 1.6µg (26.65%), Vitamin C: 21.64mg (26.23%), Selenium: 16.1µg (23%), Potassium: 508.27mg (14.52%), Folate: 42.91µg (10.73%), Magnesium: 41.42mg (10.36%), Vitamin B6: 0.19mg (9.69%), Zinc: 1.39mg (9.28%), Vitamin B3: 1.51mg (7.57%), Fiber: 1.3g (5.18%), Copper: 0.1mg (5.13%), Iron: 0.89mg (4.93%), Manganese: 0.09mg (4.75%), Vitamin B1: 0.07mg (4.55%), Vitamin K: 4.63µg (4.41%), Vitamin B5: 0.44mg (4.4%), Vitamin B2: 0.04mg (2.63%), Calcium: 20.18mg (2.02%)