



Scallops with Spice Oil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cumin seeds
- ☐ 2 cups flat parsley mixed with tender stems
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon kosher salt plus more
- ☐ 2 servings pepper black freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 2 servings olive oil (for drizzling)

- ☐ 1 teaspoon paprika
- ☐ 6 peppercorns black freshly ground for seasoning
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1.5 tablespoons vegetable oil

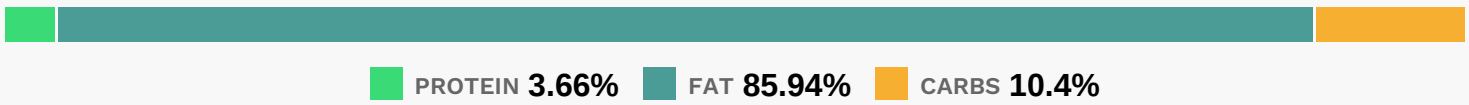
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Grind first 4 ingredients and 1/2 teaspoon salt to a fine powder in spice mill.
- ☐ Transfer to a small saucepan over medium-low heat; add oil. Cook until oil begins to simmer, 2-3 minutes.
- ☐ Scrape into a small bowl; stir in garlic and lemon zest.
- ☐ Let cool for 5 minutes, then stir in 1 tablespoon lemon juice. Season with salt, pepper, and more juice, if desired. DO AHEAD: Can be made 1 week ahead. Cover; chill. Rewarm before using.
- ☐ Heat grapeseed oil in a large heavy skillet over high heat until oil begins to smoke. Season scallops with salt and pepper. Sear until well browned, about 3 minutes. Turn; cook until just barely opaque in center, about 30 seconds longer.
- ☐ Meanwhile, place herbs in a medium bowl and drizzle olive oil and lemon juice over; season salad to taste with salt and pepper. Divide scallops between 2 plates; spoon 1 tablespoon spice oil over each plate (reserve remaining oil for another use).
- ☐ Garnish with salad.
- ☐ Per serving: 290 calories, 25 g fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:20.524347823599%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 129.29mg, Apigenin: 129.29mg, Apigenin: 129.29mg, Apigenin: 129.29mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 8.95mg, Myricetin: 8.95mg, Myricetin: 8.95mg, Myricetin: 8.95mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 250.4kcal (12.52%), Fat: 25.11g (38.63%), Saturated Fat: 3.62g (22.63%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 4.02g (1.46%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 622.43mg (27.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin K: 1013.01µg (964.77%), Vitamin A: 5637.17IU (112.74%), Vitamin C: 85.02mg (103.05%), Iron: 4.83mg (26.82%), Vitamin E: 3.74mg (24.94%), Folate: 93.65µg (23.41%), Manganese: 0.25mg (12.65%), Potassium: 404.89mg (11.57%), Fiber: 2.81g (11.25%), Calcium: 104.72mg (10.47%), Magnesium: 37.86mg (9.47%), Vitamin B6: 0.13mg (6.43%), Copper: 0.12mg (6.23%), Zinc: 0.79mg (5.28%), Vitamin B3: 1mg (4.99%), Phosphorus: 49.62mg (4.96%), Vitamin B2: 0.08mg (4.86%), Vitamin B1: 0.07mg (4.71%), Vitamin B5: 0.3mg (3.04%)