



Scallops with Spinach and Paprika Syrup



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce baby spinach fresh
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon garlic fresh minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons olive oil divided
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 cup pinenuts toasted

- ☐ 0.3 teaspoon salt divided
- ☐ 1.5 pounds sea scallops
- ☐ 0.3 cup sugar

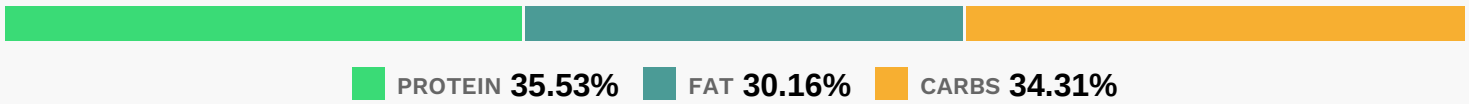
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Bring first 4 ingredients to a boil in a saucepan; cook 4 minutes or until mixture thickens. Cool slightly.
- ☐ While paprika mixture cooks, heat a large skillet over medium-high heat.
- ☐ Add 1 teaspoon olive oil to pan; swirl to coat. Pat scallops dry with paper towels; sprinkle with 1/8 teaspoon salt and black pepper.
- ☐ Add scallops to pan; cook 2 minutes on each side or until done.
- ☐ Remove from pan; keep warm.
- ☐ Add remaining 1 teaspoon oil and garlic to pan; cook 30 seconds, stirring constantly.
- ☐ Add half of spinach; cook for 1 minute, stirring constantly.
- ☐ Add remaining spinach; cook 2 minutes or until wilted. Stir in 1/8 teaspoon salt.
- ☐ Divide the spinach mixture evenly among each of 4 plates, and divide scallops evenly among servings.
- ☐ Drizzle paprika mixture evenly over scallops; sprinkle 1 tablespoon pine nuts over each serving.

Nutrition Facts



Properties

Glycemic Index:52.77, Glycemic Load:9.15, Inflammation Score:-10, Nutrition Score:28.915651922641%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 261.59kcal (13.08%), Fat: 8.99g (13.83%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 21g (7.63%), Sugar: 13.49g (14.99%), Cholesterol: 40.82mg (13.61%), Sodium: 868.86mg (37.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.67%), Vitamin K: 348.44µg (331.85%), Vitamin A: 6742.63IU (134.85%), Manganese: 1.44mg (72.09%), Phosphorus: 654.51mg (65.45%), Folate: 170.8µg (42.7%), Vitamin B12: 2.4µg (39.97%), Selenium: 22.76µg (32.51%), Vitamin C: 26.17mg (31.72%), Magnesium: 116.23mg (29.06%), Potassium: 819.33mg (23.41%), Iron: 3.12mg (17.34%), Vitamin E: 2.59mg (17.29%), Zinc: 2.49mg (16.63%), Vitamin B6: 0.29mg (14.56%), Copper: 0.25mg (12.55%), Vitamin B2: 0.19mg (10.97%), Vitamin B3: 2.12mg (10.59%), Calcium: 85.16mg (8.52%), Fiber: 2.03g (8.1%), Vitamin B1: 0.1mg (6.92%), Vitamin B5: 0.47mg (4.68%)