



Scallops with Tomato-Herb Broth

 Gluten Free  Dairy Free

READY IN



19 min.

SERVINGS



3

CALORIES



131 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 teaspoons basil fresh chopped
- 2 teaspoons flat-leaf parsley fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 2 garlic cloves minced
- 2 teaspoons oregano fresh chopped
- 0.3 teaspoon salt
- 1 pound sea scallops

2 cups tomatoes seeded chopped

Equipment

frying pan

paper towels

Directions

Rinse scallops; pat dry with paper towels. Set aside.

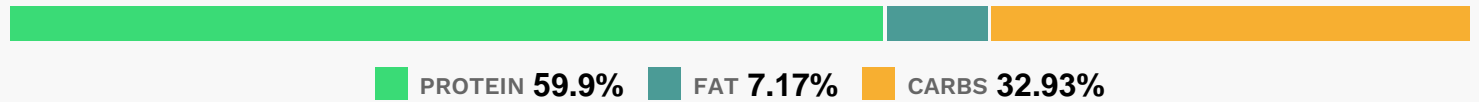
Combine minced garlic cloves and next 7 ingredients.

Coat scallops with cooking spray.

Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray. Cook scallops in batches 2 minutes on each side or until browned.

Add tomato mixture and scallops to pan, and cook 1 minute or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:84, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:13.183043469553%

Flavonoids

Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 130.52kcal (6.53%), Fat: 1.04g (1.59%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 10.69g (3.56%), Net Carbohydrates: 8.66g (3.15%), Sugar: 2.69g (2.99%), Cholesterol: 36.29mg (12.1%), Sodium: 792.32mg (34.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.45g (38.9%), Phosphorus: 535.63mg (53.56%), Vitamin B12: 2.13µg (35.53%), Selenium: 19.71µg (28.15%), Vitamin C: 16.5mg (20%), Vitamin A: 928.23IU (18.56%), Vitamin K: 17.81µg (16.97%), Potassium: 581.14mg (16.6%), Manganese: 0.28mg (14.22%), Magnesium: 50.79mg (12.7%), Vitamin B6: 0.23mg (11.69%), Zinc: 1.63mg (10.88%), Folate: 43.09µg (10.77%), Iron: 1.62mg (9.02%), Vitamin B3: 1.76mg (8.78%), Fiber: 2.03g (8.13%), Copper: 0.12mg (5.9%), Vitamin E: 0.78mg (5.23%), Calcium: 50.39mg (5.04%), Vitamin B5: 0.45mg (4.46%), Vitamin B1: 0.05mg (3.64%), Vitamin B2: 0.06mg (3.38%)