



## Scallops With Watercress Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 strips bacon
- 2 kirby cucumbers cut into spears
- 0.3 cup flour instant (such as Wondra)
- 0.3 cup chives fresh chopped
- 1 juice of lemon
- 4 servings kosher salt and pepper freshly ground
- 3 tablespoons olive oil extra-virgin
- 1 bunch radishes quartered

- 4 slices rustic bread thick toasted
- 1.3 pounds sea scallops (16)
- 2 bunches watercress thick trimmed

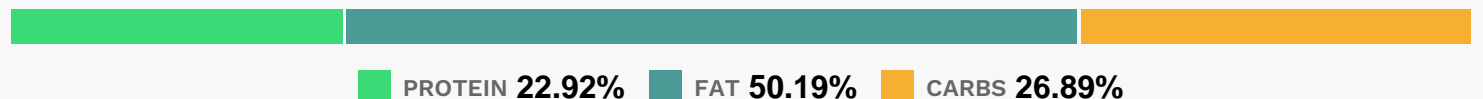
## Equipment

- frying pan
- paper towels

## Directions

- Cook the bacon in a medium nonstick skillet until crisp.
- Transfer to a paper towel-lined plate to drain; reserve the skillet.
- Divide the watercress, cucumbers and radishes among plates.
- Season the flour with salt and pepper in a shallow dish. Discard all but 1 tablespoon of the bacon drippings from the skillet, add 1 tablespoon olive oil and heat over medium heat. Working in batches, toss the scallops in the flour and cook until golden on the bottom, about 2 minutes. Turn and cook until golden on the other side, about 2 more minutes (add 1 tablespoon oil, if necessary).
- Arrange the scallops over the salads.
- Add the remaining 2 tablespoons olive oil and the lemon juice to the skillet, then remove from the heat and add 1 to 2 tablespoons water, swirling the pan to release the browned bits. Crumble the bacon and add to the skillet along with the chives, and salt and pepper to taste; swirl to combine, then pour over the salads.
- Serve with the bread.
- Photographs by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:49.75, Glycemic Load:6.21, Inflammation Score:-7, Nutrition Score:17.799130316662%

## Flavonoids

Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 3.32mg, Kaempferol: 3.32mg, Kaempferol: 3.32mg, Kaempferol: 3.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

## **Nutrients (% of daily need)**

Calories: 416.56kcal (20.83%), Fat: 23.08g (35.5%), Saturated Fat: 7g (43.72%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 25.43g (9.25%), Sugar: 8.79g (9.76%), Cholesterol: 43.55mg (14.52%), Sodium: 947.1mg (41.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.71g (47.42%), Phosphorus: 583.52mg (58.35%), Vitamin K: 55.66µg (53.01%), Vitamin B12: 2.19µg (36.45%), Selenium: 25.47µg (36.39%), Folate: 86.1µg (21.53%), Vitamin C: 16.86mg (20.44%), Potassium: 678.39mg (19.38%), Magnesium: 64.01mg (16%), Vitamin B3: 3.16mg (15.8%), Vitamin B1: 0.21mg (14.29%), Vitamin A: 661.91IU (13.24%), Manganese: 0.26mg (13.02%), Zinc: 1.95mg (12.97%), Vitamin B6: 0.25mg (12.69%), Vitamin E: 1.75mg (11.69%), Iron: 2.04mg (11.33%), Vitamin B2: 0.16mg (9.61%), Fiber: 2.4g (9.6%), Copper: 0.18mg (9.17%), Vitamin B5: 0.87mg (8.72%), Calcium: 54.05mg (5.41%)