



Sea Scallop Brochettes with Orange-Saffron Aioli

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large egg yolk
- 16 bay leaf fresh
- 0.3 cup chives fresh chopped
- 1 small garlic clove
- 1 teaspoon juice of lemon fresh
- 8 servings olive oil
- 6 tablespoons orange juice fresh divided

- 2 cranberry-orange relish peeled
- 0.1 teaspoon saffron threads
- 24 medium scallops

Equipment

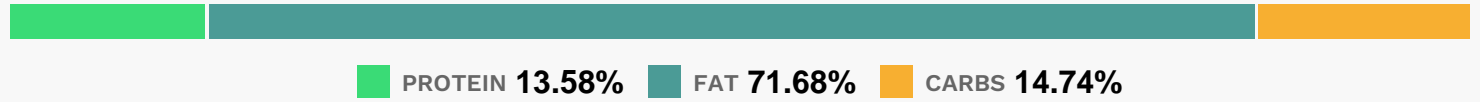
- bowl
- frying pan
- baking sheet
- sauce pan
- whisk
- kitchen thermometer
- skewers
- grill pan

Directions

- Whisk yolks, 4 tablespoons orange juice, and saffron in medium metal bowl. Set bowl over saucepan of barely simmering water (do not let bowl touch water).
- Whisk until thickened and thermometer registers 160°F, about 4 minutes.
- Transfer to processor.
- Add orange peel and garlic. With machine running, gradually add oil in thin stream until incorporated, stopping to scrape down sides of bowl.
- Transfer to medium bowl.
- Whisk in lemon juice and 2 tablespoons orange juice. Thin with water by teaspoonfuls, if desired. Season with salt and pepper. Do ahead Can be made 1 day ahead. Cover; chill.
- Thread 3 scallops on 1 skewer alternately with 2 bay leaves.
- Place on rimmed baking sheet. Repeat with remaining scallops, skewers, and bay leaves. Do ahead Can be prepared 2 hours ahead. Cover and chill.
- Sprinkle scallops with salt and pepper.
- Heat griddle or 2 heavy large skillets or grill pans over high heat; brush with oil. Cook scallops until brown and just opaque in center, about 2 minutes per side.

- Place 1 brochette on each of 8 plates.
- Drizzle scallops with aioli.
- Garnish with orange sections and chives.

Nutrition Facts



Properties

Glycemic Index:29.94, Glycemic Load:2.03, Inflammation Score:-4, Nutrition Score:6.656086978705%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 10.54mg, Hesperetin: 10.54mg, Hesperetin: 10.54mg, Hesperetin: 10.54mg Naringenin: 5.3mg, Naringenin: 5.3mg, Naringenin: 5.3mg, Naringenin: 5.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 191.33kcal (9.57%), Fat: 15.44g (23.76%), Saturated Fat: 2.41g (15.07%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 6.24g (2.27%), Sugar: 4.2g (4.67%), Cholesterol: 56.7mg (18.9%), Sodium: 179mg (7.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.16%), Vitamin C: 24.98mg (30.28%), Phosphorus: 175.21mg (17.52%), Vitamin E: 2.19mg (14.62%), Selenium: 8.39µg (11.98%), Vitamin B12: 0.72µg (11.96%), Vitamin K: 11.14µg (10.61%), Folate: 28.87µg (7.22%), Potassium: 188.73mg (5.39%), Vitamin A: 228.68IU (4.57%), Vitamin B6: 0.08mg (4.13%), Magnesium: 15.69mg (3.92%), Zinc: 0.56mg (3.7%), Fiber: 0.91g (3.62%), Vitamin B1: 0.05mg (3.5%), Vitamin B5: 0.34mg (3.37%), Iron: 0.54mg (2.98%), Vitamin B2: 0.05mg (2.88%), Calcium: 26.36mg (2.64%), Manganese: 0.05mg (2.39%), Vitamin B3: 0.48mg (2.38%), Copper: 0.04mg (1.9%), Vitamin D: 0.23µg (1.53%)