



Sea Scallops



Gluten Free



Dairy Free

READY IN



39 min.

SERVINGS



4

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons garlic minced
- ☐ 2 cups field greens
- ☐ 1 teaspoon kosher salt
- ☐ 0.1 cup olive oil extra-virgin plus more for searing
- ☐ 16 medium diver scallops cleaned
- ☐ 1 tablespoon thyme leaves finely chopped

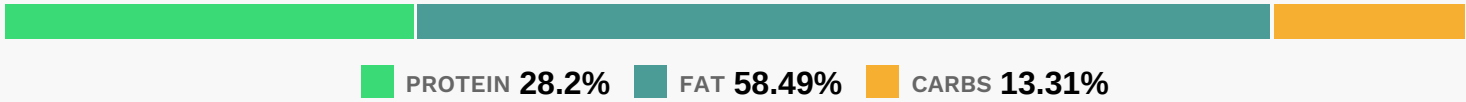
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium bowl, marinate the scallops with olive oil, garlic, thyme, salt, and pepper.
- ☐ Let them marinate for 20 minutes.
- ☐ Heat enough olive oil to lightly coat the bottom of a medium saute pan over medium-high heat.
- ☐ Add the scallops. Cook quickly in each side until golden brown, about 1 to 2 minutes per side.
- ☐ Remove from the heat and place 4 scallops around a mound of greens. Repeat.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:5.1891304954239%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 108.9kcal (5.45%), Fat: 7.1g (10.93%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 3.3g (1.2%), Sugar: 0.02g (0.02%), Cholesterol: 14.4mg (4.8%), Sodium: 822.37mg (35.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.41%), Phosphorus: 212.74mg (21.27%), Vitamin B12: 0.85µg (14.1%), Selenium: 7.99µg (11.41%), Vitamin C: 7.91mg (9.59%), Vitamin E: 0.98mg (6.51%), Manganese: 0.13mg (6.41%), Vitamin A: 313.64IU (6.27%), Potassium: 177.58mg (5.07%), Magnesium: 19.02mg (4.75%), Folate: 17.88µg (4.47%), Zinc: 0.64mg (4.28%), Vitamin K: 4.5µg (4.28%), Vitamin B6: 0.09mg (4.26%), Iron: 0.75mg (4.18%), Vitamin B3: 0.58mg (2.89%), Copper: 0.04mg (2.09%), Calcium: 17.54mg (1.75%), Vitamin B2: 0.03mg (1.73%), Vitamin B5: 0.17mg (1.73%), Fiber: 0.34g (1.36%)