



## Seared Scallop Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.3 teaspoon pepper black
- 1 teaspoon bottled garlic minced
- 1 cup preshredded carrot
- 1 pound cherry tomatoes halved
- 1 cup cucumber sliced
- 2 teaspoons bottled ground ginger fresh (such as Spice World)
- 2 teaspoons olive oil
- 0.3 cup prechopped onion red

- 4 cups d gourmet salad greens
- 0.3 teaspoon salt
- 1.5 pounds sea scallops
- 0.3 cup red wine vinaigrette light

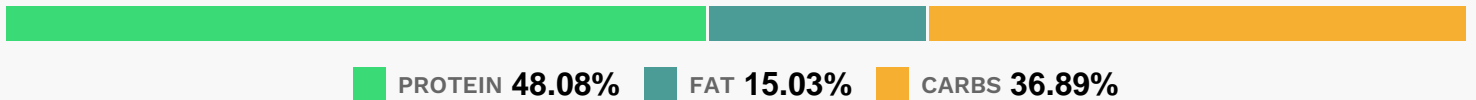
## Equipment

- bowl
- frying pan

## Directions

- Combine first 6 ingredients in a large bowl; toss gently to coat.
- Heat a large nonstick skillet over medium–high heat. Coat pan with cooking spray.
- Add scallop mixture to pan; cook 3 minutes on each side or until done.
- Combine greens and remaining ingredients in a large bowl, and toss well. Divide salad evenly among 4 plates; top evenly with scallops.

## Nutrition Facts



## Properties

Glycemic Index:41.46, Glycemic Load:1.49, Inflammation Score:-10, Nutrition Score:21.597826066224%

## Flavonoids

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Kaempferol: 0.17mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

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

Calories: 201.24kcal (10.06%), Fat: 3.18g (4.89%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 15.27g (5.55%), Sugar: 5.36g (5.96%), Cholesterol: 40.82mg (13.61%), Sodium: 859.29mg (37.36%), Alcohol: 1.59g (100%), Alcohol %: 0.48% (100%), Protein: 22.89g (45.78%), Vitamin A: 6385.48IU (127.71%), Phosphorus: 643.8mg (64.38%), Vitamin C: 39.22mg (47.54%), Vitamin B12: 2.4µg (39.97%), Manganese: 0.68mg (33.99%), Selenium: 23.39µg (33.41%), Potassium: 865.9mg (24.74%), Vitamin B6: 0.35mg (17.48%), Folate: 69.73µg (17.43%), Magnesium: 65.33mg (16.33%), Zinc: 2.01mg (13.43%), Vitamin B3: 2.5mg (12.49%), Iron: 2.17mg (12.07%), Vitamin K: 11.33µg (10.79%), Copper: 0.2mg (9.9%), Fiber: 2.29g (9.17%), Vitamin E: 1.15mg (7.66%), Vitamin B5: 0.76mg (7.58%), Vitamin B1: 0.1mg (6.97%), Vitamin B2: 0.11mg (6.35%), Calcium: 50.66mg (5.07%)