



Seared Scallops with Citrus, Arugula and Pomegranate Salad



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups baby arugula
- ☐ 3 clementines peeled cut into segments
- ☐ 1 pinch pepper red crushed
- ☐ 2 cloves garlic smashed
- ☐ 1 ruby grapefruit red peeled cut into segments
- ☐ 4 servings olive oil extra-virgin
- ☐ 0.5 cup pomegranate seeds

- ☐ 0.5 small onion red finely julienned
- ☐ 4 servings salt
- ☐ 8 large diver sea scallops dry

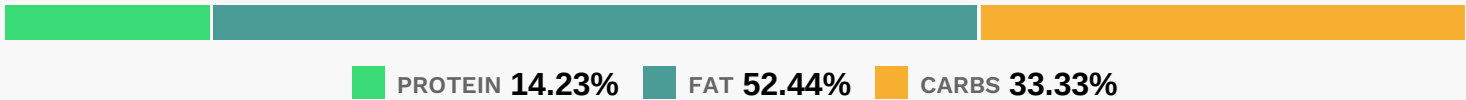
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine all the citrus in a medium bowl with a pinch of salt and crushed red pepper and reserve.
- ☐ Season the scallops with salt. Coat a large saute pan with olive oil. When the oil is hot but not smoking add the smashed garlic cloves. When the garlic has become golden and very aromatic remove it from the pan and discard it. Next, gently lay the scallops in the pan and cook for 2 to 3 minutes on each side. If the pan begins to smoke reduce the heat of the burner. The scallops should look beautifully caramelized on each side.
- ☐ While the scallops are cooking, dress the arugula in a small bowl with some of the juice from the reserved citrus and also high-quality extra-virgin olive oil and some salt. Arrange the arugula on individual serving plates. Toss the onion in with the citrus and give it a sprinkle of olive oil.
- ☐ Lay the citrus on the arugula.
- ☐ Cut the scallops in half equatorially and place them overlapping in a line against the citrus.
- ☐ Sprinkle with pomegranate seeds and give another little drizzle of olive oil.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:7.92, Inflammation Score:-8, Nutrition Score:11.831304363582%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 244.4kcal (12.22%), Fat: 14.79g (22.76%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 17.97g (6.53%), Sugar: 12.95g (14.38%), Cholesterol: 14.4mg (4.8%), Sodium: 434.36mg (18.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.06%), Vitamin C: 51.35mg (62.24%), Phosphorus: 242.06mg (24.21%), Vitamin K: 22.8µg (21.71%), Vitamin A: 954.17IU (19.08%), Vitamin E: 2.39mg (15.91%), Vitamin B12: 0.85µg (14.1%), Folate: 51.07µg (12.77%), Fiber: 3.18g (12.73%), Potassium: 416.3mg (11.89%), Selenium: 8.22µg (11.74%), Vitamin B6: 0.18mg (8.82%), Magnesium: 33.24mg (8.31%), Vitamin B1: 0.11mg (7.06%), Manganese: 0.14mg (6.84%), Calcium: 58.05mg (5.8%), Copper: 0.11mg (5.38%), Zinc: 0.78mg (5.22%), Vitamin B5: 0.52mg (5.21%), Vitamin B3: 1.02mg (5.1%), Vitamin B2: 0.07mg (4.1%), Iron: 0.7mg (3.9%)