



Seared Scallops with Farmers' Market Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black divided freshly ground
- 1 tablespoon canola oil
- 1 cup basil fresh chopped
- 2 cups corn kernels fresh (3 ears)
- 0.8 teaspoon kosher salt divided
- 1.5 pounds sea scallops
- 1 pound tomatoes chopped

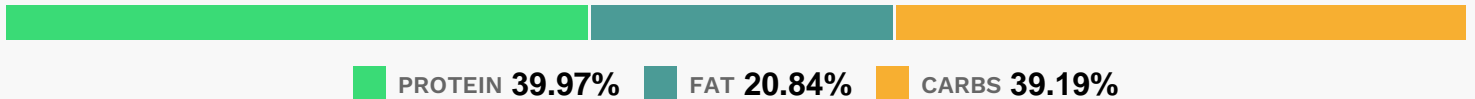
Equipment

- frying pan
- paper towels

Directions

- Combine tomato, basil, 1/4 teaspoon salt, and 1/8 teaspoon pepper; toss gently. Set aside.
- Heat a large cast-iron or other heavy skillet over high heat.
- Add oil to pan, swirling to coat. Pat scallops dry with paper towels; sprinkle with remaining 1/2 teaspoon salt and remaining 1/8 teaspoon pepper.
- Add scallops to pan; cook 2 minutes or until browned. Turn scallops; cook 2 minutes or until done.
- Remove scallops from pan; keep warm.
- Coat pan with cooking spray.
- Add corn to pan; saut 2 minutes or until lightly browned.
- Add to tomato mixture; toss gently.
- Serve salad with scallops.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:18.329130545906%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 232.76kcal (11.64%), Fat: 5.58g (8.59%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 20.68g (7.52%), Sugar: 7.54g (8.38%), Cholesterol: 40.82mg (13.61%), Sodium: 1119.62mg (48.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.08g (48.17%), Phosphorus: 663.42mg (66.34%), Vitamin B12: 2.4µg (39.97%), Vitamin K: 36.78µg (35.02%), Selenium: 22.23µg (31.76%), Vitamin A: 1402.47IU (28.05%), Vitamin C: 21.55mg (26.12%), Potassium: 832.65mg (23.79%), Magnesium: 80.79mg (20.2%), Folate: 78.78µg (19.69%), Manganese: 0.36mg (18.12%), Vitamin B3: 3.21mg (16.04%), Vitamin B6: 0.29mg (14.6%), Zinc: 2.13mg (14.17%), Fiber:

2.94g (11.75%), Vitamin B1: 0.17mg (11.23%), Vitamin B5: 1mg (10.01%), Vitamin E: 1.32mg (8.83%), Iron: 1.54mg (8.53%), Copper: 0.17mg (8.51%), Vitamin B2: 0.09mg (5.4%), Calcium: 34.44mg (3.44%)