



## Seared Scallops with Farmers' Market Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon canola oil
- 1 cup basil fresh chopped
- 2 cups corn kernels fresh ( 3 ears)
- 1.5 pounds sea scallops
- 1 pound tomatoes chopped

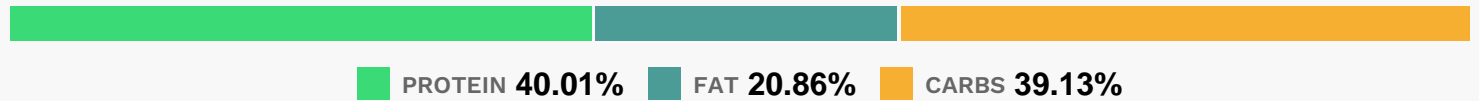
### Equipment

- frying pan
- paper towels

## Directions

- Combine tomato, basil, 1/4 teaspoon kosher salt, and 1/8 teaspoon freshly ground black pepper; toss gently.
- Heat a large cast-iron or heavy skillet over high heat.
- Add oil to pan, swirling to coat. Pat scallops dry with paper towels; sprinkle with 1/2 teaspoon kosher salt and 1/8 teaspoon freshly ground black 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:27, Glycemic Load:1.2, Inflammation Score:-8, Nutrition Score:18.255217562551%

## 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: 232.45kcal (11.62%), Fat: 5.58g (8.58%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 20.63g (7.5%), Sugar: 7.54g (8.38%), Cholesterol: 40.82mg (13.61%), Sodium: 683.57mg (29.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.07g (48.14%), Phosphorus: 663.22mg (66.32%), Vitamin B12: 2.4µg (39.97%), Vitamin K: 36.57µg (34.83%), Selenium: 22.23µg (31.75%), Vitamin A: 1401.78IU (28.04%), Vitamin C: 21.55mg (26.12%), Potassium: 830.9mg (23.74%), Magnesium: 80.56mg (20.14%), Folate: 78.76µg (19.69%), Manganese: 0.35mg (17.26%), Vitamin B3: 3.21mg (16.03%), Vitamin B6: 0.29mg (14.58%), Zinc: 2.12mg (14.15%), Fiber: 2.91g (11.63%), Vitamin B1: 0.17mg (11.22%), Vitamin B5: 1mg (9.99%), Vitamin E: 1.32mg (8.82%), Iron: 1.52mg (8.44%), Copper: 0.17mg (8.41%), Vitamin B2: 0.09mg (5.38%), Calcium: 33.62mg (3.36%)