



Seared Scallops with Fennel and Grapefruit Salad



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups fennel bulb thinly sliced (1 medium)
- ☐ 0.8 cup flat-leaf parsley leaves
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 tablespoon olive oil extra-virgin divided
- ☐ 2 large grapefruit red
- ☐ 1.5 pounds sea scallops

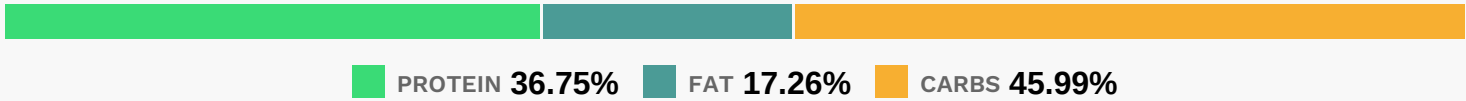
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Over a bowl, peel and section grapefruit to measure 1 1/2 cups sections; squeeze membranes to extract 1/2 cup juice. Set juice aside.
- ☐ Combine grapefruit sections, fennel, and parsley in a medium bowl.
- ☐ Add 2 teaspoons oil and 1/4 teaspoon kosher salt; toss gently to combine.
- ☐ Heat remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle scallops with 1/4 teaspoon kosher salt and 1/4 teaspoon freshly ground black pepper.
- ☐ Add scallops to pan; cook for 2 minutes on each side or until desired degree of doneness.
- ☐ Remove scallops from pan; keep warm.
- ☐ Add reserved 1/2 cup juice to pan; cook until reduced to 1/4 cup (about 2 minutes).
- ☐ Remove from heat.
- ☐ Place 1 cup fennel mixture on each of 4 plates. Divide scallops evenly among plates; top each serving with 1 tablespoon reduced juice.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:5.13, Inflammation Score:-10, Nutrition Score:25.041739339414%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 54.18mg, Naringenin: 54.18mg, Naringenin: 54.18mg, Naringenin: 54.18mg Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 242.62kcal (12.13%), Fat: 4.79g (7.37%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 23.64g (8.6%), Sugar: 14.1g (15.66%), Cholesterol: 40.82mg (13.61%), Sodium: 997.79mg (43.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.9%), Vitamin K: 227.79µg (216.94%), Vitamin C: 74.58mg (90.41%), Phosphorus: 637.35mg (63.74%), Vitamin A: 2949.92IU (59%), Vitamin B12: 2.4µg (39.97%), Selenium: 22.41µg (32.02%), Potassium: 907.02mg (25.91%), Folate: 83.53µg (20.88%), Fiber: 5.08g (20.33%), Magnesium: 69.3mg (17.33%), Zinc: 1.92mg (12.78%), Vitamin B6: 0.25mg (12.67%), Manganese: 0.22mg (11.24%), Iron: 1.99mg (11.04%), Vitamin B3: 2.1mg (10.5%), Vitamin B5: 1mg (9.99%), Calcium: 94.99mg (9.5%), Vitamin E: 1.18mg (7.89%), Copper: 0.15mg (7.7%), Vitamin B1: 0.1mg (6.64%), Vitamin B2: 0.11mg (6.42%)