



Seared scallops with flavoured greens

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp canola oil
- ☐ 3 shallots diced
- ☐ 2 garlic clove crushed
- ☐ 2 lemon zest
- ☐ 300 g the salad dark shredded such as cavalo nero or kale, stalks removed then
- ☐ 50 g anchovy chopped
- ☐ 9 large scallops halved
- ☐ 1 knob butter

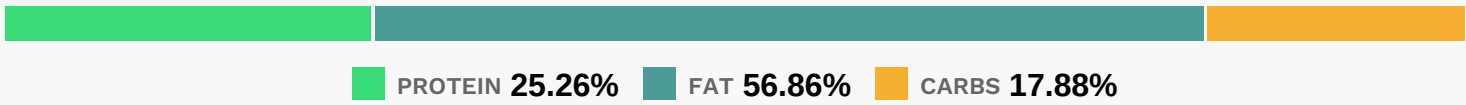
Equipment

☐ frying pan

Directions

- ☐ Heat half the oil in a frying pan.
- ☐ Add the shallots, garlic and lemon zest, and fry gently until soft.
- ☐ Add the greens the anchovies, and cook for 5 mins until the leaves are wilted.
- ☐ Meanwhile, heat the remaining oil in a non-stick pan, then add the scallops and fry for 1-2 mins on each side.
- ☐ Add the butter and lemon juice to the pan and swirl until the butter melts and you have a glossy sauce. Divide the cabbage and scallops between 6 plates and serve with the pan juices spooned over.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:6.8582609529081%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 127.75kcal (6.39%), Fat: 8.19g (12.6%), Saturated Fat: 2.32g (14.47%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 5.16g (1.88%), Sugar: 1.08g (1.2%), Cholesterol: 23.33mg (7.78%), Sodium: 222.36mg (9.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.37%), Phosphorus: 194.41mg (19.44%), Vitamin C: 15.49mg (18.78%), Selenium: 9.34µg (13.35%), Vitamin A: 662.57IU (13.25%), Vitamin B12: 0.69µg (11.54%), Vitamin B3: 1.8mg (9.01%), Folate: 31.09µg (7.77%), Potassium: 259.97mg (7.43%), Vitamin B6: 0.14mg (7.19%), Manganese: 0.14mg (7.01%), Vitamin E: 0.96mg (6.37%), Magnesium: 22.06mg (5.52%), Iron: 0.94mg (5.23%), Zinc: 0.73mg (4.85%), Vitamin K: 3.7µg (3.52%), Vitamin B2: 0.06mg (3.5%), Copper: 0.07mg (3.44%), Calcium: 31.41mg (3.14%), Vitamin B5: 0.26mg (2.63%), Fiber: 0.63g (2.53%), Vitamin B1: 0.03mg (2.24%)