



Seared Scallops with Lemony Sweet Pea Relish



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 6 lemon wedges
- ☐ 0.3 cup olive oil extra-virgin divided
- ☐ 1.5 cups pea shoots

- ☐ 1 cup peas fresh english shelled
- ☐ 1.5 teaspoons salt divided
- ☐ 2.3 pounds sea scallops
- ☐ 0.3 cup shallots minced

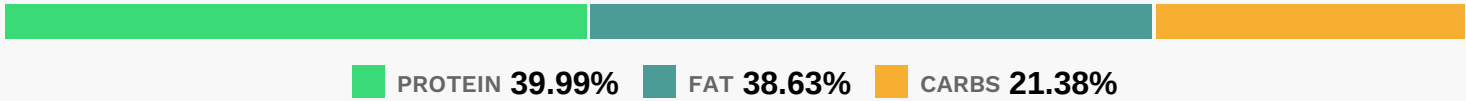
Equipment

- ☐ frying pan

Directions

- ☐ Cook English peas in boiling water with 1 teaspoon salt for 2 minutes.
- ☐ Drain and rinse with cold water; drain.
- ☐ Combine peas, 3 tablespoons oil, rind, juice, parsley, and shallots. Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper; toss gently.
- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Add 1 1/2 teaspoons oil to pan; swirl to coat.
- ☐ Sprinkle remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper over scallops.
- ☐ Add half of scallops to pan; cook for 2 minutes on each side or until desired degree of doneness. Repeat procedure with remaining 1 1/2 teaspoons oil and scallops. Divide scallops evenly among 6 plates; top each serving with 2 1/2 tablespoons pea mixture and 1/4 cup pea shoots.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:27.31, Glycemic Load:1.66, Inflammation Score:-7, Nutrition Score:16.321739383366%

Flavonoids

Eriodictyol: 4.09mg, Eriodictyol: 4.09mg, Eriodictyol: 4.09mg, Eriodictyol: 4.09mg Hesperetin: 5.75mg, Hesperetin: 5.75mg, Hesperetin: 5.75mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.36mg,

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 241.46kcal (12.07%), Fat: 10.37g (15.96%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 10.47g (3.81%), Sugar: 2.87g (3.19%), Cholesterol: 40.82mg (13.61%), Sodium: 1263.4mg (54.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.16g (48.33%), Vitamin C: 64.27mg (77.91%), Phosphorus: 604.13mg (60.41%), Vitamin B12: 2.4µg (39.97%), Selenium: 22.42µg (32.02%), Vitamin K: 22.7µg (21.62%), Fiber: 3.51g (14.05%), Potassium: 477.5mg (13.64%), Zinc: 1.91mg (12.75%), Folate: 50.36µg (12.59%), Magnesium: 49.91mg (12.48%), Vitamin B6: 0.22mg (10.88%), Vitamin A: 492.68IU (9.85%), Manganese: 0.19mg (9.33%), Vitamin E: 1.37mg (9.16%), Vitamin B3: 1.76mg (8.78%), Iron: 1.35mg (7.49%), Vitamin B1: 0.09mg (6.1%), Copper: 0.1mg (5.1%), Vitamin B5: 0.47mg (4.67%), Vitamin B2: 0.07mg (3.83%), Calcium: 27.65mg (2.77%)