



Seared Scallops with Parsley-Thyme Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 4 lemon wedges
- ☐ 1 tablespoon olive oil extra-virgin divided
- ☐ 2 teaspoons olive oil extra-virgin

- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds sea scallops
- ☐ 0.3 cup shallots finely chopped
- ☐ 4 cups watercress trimmed

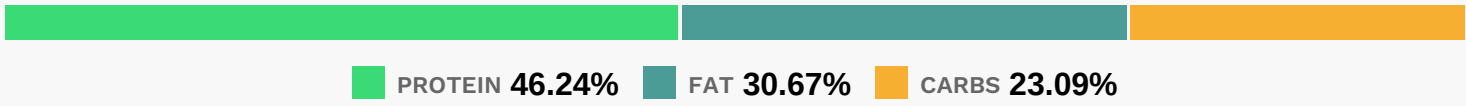
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare relish, combine first 8 ingredients in a bowl; toss well.
- ☐ To prepare scallops, heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle scallops with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add half of scallops to pan; cook 2 minutes on each side or until done. Repeat procedure with remaining oil and scallops. Arrange scallops over watercress; top with relish.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:18.606087124866%

Flavonoids

Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 10.44mg, Quercetin: 10.44mg, Quercetin: 10.44mg

Nutrients (% of daily need)

Calories: 189.38kcal (9.47%), Fat: 6.49g (9.99%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 9.58g (3.48%), Sugar: 1.92g (2.13%), Cholesterol: 40.82mg (13.61%), Sodium: 830.16mg (36.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.03g (44.05%), Vitamin K: 137.83µg (131.27%), Phosphorus: 603.4mg (60.34%), Vitamin C: 33.68mg (40.83%), Vitamin B12: 2.4µg (39.97%), Selenium: 22.35µg (31.93%), Vitamin A: 1372.45IU (27.45%), Potassium: 565.06mg (16.14%), Magnesium: 52.15mg (13.04%), Vitamin B6: 0.24mg (12.13%), Zinc: 1.7mg (11.35%), Folate: 43.65µg (10.91%), Manganese: 0.19mg (9.55%), Vitamin E: 1.2mg (8.01%), Iron: 1.33mg (7.37%), Calcium: 69.14mg (6.91%), Vitamin B3: 1.37mg (6.85%), Vitamin B5: 0.58mg (5.75%), Fiber: 1.42g (5.69%), Copper: 0.1mg (4.78%), Vitamin B2: 0.08mg (4.7%), Vitamin B1: 0.06mg (4.24%)