



## Seared Scallops with Roasted Tomatoes

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 2 tablespoons basil fresh thinly sliced
- 2 tablespoons basil fresh thinly sliced
- 3 cups grape tomatoes
- 0.5 teaspoon kosher salt divided
- 1 tablespoon olive oil
- 1.5 pounds scallops

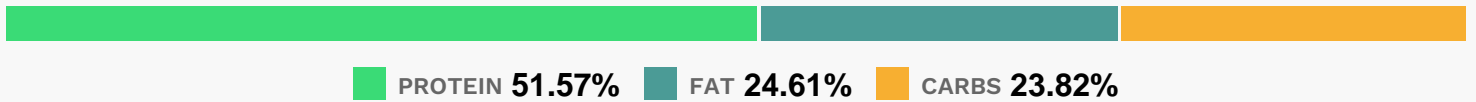
### Equipment

- frying pan
- roasting pan
- broiler

## Directions

- Preheat broiler.
- Arrange tomatoes in a single layer in a shallow roasting pan; lightly coat tomatoes with cooking spray.
- Sprinkle tomatoes with 1/4 teaspoon salt and 1/4 teaspoon pepper; toss well to coat. Broil 10 minutes or until tomatoes begin to brown, stirring occasionally.
- While tomatoes cook, heat oil in a large cast-iron skillet over medium-high heat. Pat scallops dry; sprinkle both sides of scallops with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper.
- Add scallops to skillet; cook 2 minutes on each side or until desired degree of doneness.
- Serve scallops with tomatoes; sprinkle with basil.

## Nutrition Facts



## Properties

Glycemic Index:52.5, Glycemic Load:1.19, Inflammation Score:-7, Nutrition Score:13.59521742489%

## Flavonoids

Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 169.51kcal (8.48%), Fat: 4.58g (7.04%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 8.53g (3.1%), Sugar: 2.95g (3.27%), Cholesterol: 40.82mg (13.61%), Sodium: 963.25mg (41.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.17%), Phosphorus: 596.46mg (59.65%), Vitamin B12: 2.4µg (39.97%), Selenium: 21.79µg (31.13%), Vitamin A: 1042.85IU (20.86%), Vitamin C: 15.67mg (18.99%), Vitamin K: 19.64µg (18.71%), Potassium: 622.86mg (17.8%), Magnesium: 51.43mg (12.86%), Zinc: 1.76mg (11.72%), Folate: 45.38µg (11.35%), Vitamin B6: 0.22mg (10.87%), Manganese: 0.21mg (10.6%), Vitamin B3: 1.88mg (9.4%), Vitamin E:

1.13mg (7.51%), Iron: 1.06mg (5.88%), Copper: 0.12mg (5.82%), Fiber: 1.44g (5.74%), Vitamin B5: 0.47mg (4.73%),  
Vitamin B1: 0.05mg (3.61%), Vitamin B2: 0.05mg (2.87%), Calcium: 26.24mg (2.62%)