



Seared Scallops with Roasted Tomatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

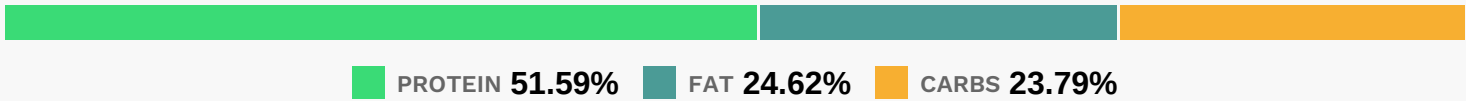
- ☐ frying pan

- ☐ 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:35, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:13.281304307606%

Flavonoids

Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg 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: 169.28kcal (8.46%), Fat: 4.57g (7.03%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 8.52g (3.1%), Sugar: 2.94g (3.27%), Cholesterol: 40.82mg (13.61%), Sodium: 963.21mg (41.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.55g (43.11%), Phosphorus: 595.9mg (59.59%), Vitamin B12: 2.4µg (39.97%), Selenium: 21.79µg (31.13%), Vitamin A: 990.1IU (19.8%), Vitamin C: 15.49mg (18.78%), Potassium: 619.91mg (17.71%), Vitamin K: 15.49µg (14.76%), Magnesium: 50.79mg (12.7%), Zinc: 1.75mg (11.66%), Folate: 44.7µg (11.18%), Vitamin B6: 0.22mg (10.79%), Manganese: 0.2mg (10.02%), Vitamin B3: 1.87mg (9.36%), Vitamin E: 1.12mg (7.45%), Iron: 1.03mg (5.7%), Fiber: 1.42g (5.68%), Copper: 0.11mg (5.62%), Vitamin B5: 0.47mg (4.71%), Vitamin B1: 0.05mg (3.59%), Vitamin B2: 0.05mg (2.82%), Calcium: 24.47mg (2.45%)