



Seared Sea Scallops with Cucumber-Fennel Salad and Fennel Seed Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon chives minced
- ☐ 1 large cucumber
- ☐ 0.3 cup olive oil extra virgin
- ☐ 6 servings garnish: fennel sprigs
- ☐ 1 medium fennel bulb
- ☐ 3 tablespoons fennel seeds
- ☐ 1 tablespoon garlic divided minced

- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon orange juice fresh
- ☐ 0.5 cup vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon pepper divided freshly ground
- ☐ 6 servings pepper freshly ground
- ☐ 0.8 cup rice wine vinegar divided
- ☐ 0.5 teaspoon salt divided
- ☐ 6 servings salt
- ☐ 6 ounce scallops
- ☐ 3 tablespoons shallots divided minced

Equipment

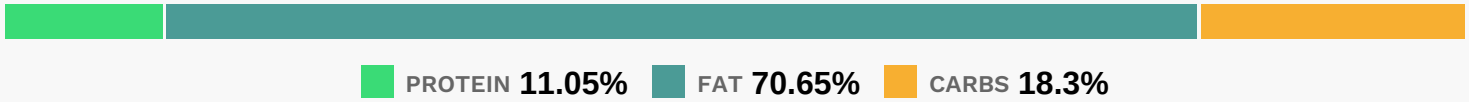
- ☐ frying pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Peel cucumber; cut in half lengthwise, seed, and thinly slice.
- ☐ Trim and discard fennel bulb base. Trim stalks from bulb, discarding hard outside stalk.
- ☐ Cut bulb in half lengthwise, and cut crosswise into thin slices.
- ☐ Stir together fennel, cucumber, 2 tablespoons shallots, 1/2 tablespoon garlic, chives, 1/2 cup rice wine vinegar, olive oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper; let stand at room temperature 1 hour.
- ☐ Place a small skillet over medium-high heat until hot; add fennel seeds, and cook, stirring constantly, 1 1/2 minutes or until toasted. (Be careful not to burn seeds; they will become bitter.)
- ☐ Remove from pan. Reduce heat to medium. Process seeds in a blender until ground; return to pan. Stir in 1/2 cup grapeseed oil.
- ☐ Remove from heat; cool to room temperature.

- ☐
- Whisk together fennel-infused oil, remaining tablespoon shallots, remaining 1/2 tablespoon garlic, remaining 1/4 cup vinegar, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and orange juice; set aside.
- ☐
- Sprinkle scallops with salt and pepper to taste.
- ☐
- Heat 1 teaspoon olive oil in skillet over high heat until very hot.
- ☐
- Add scallops, and cook 2 minutes. Turn, and cook 1 minute.
- ☐
- Arrange salad on individual plates; top each with a scallop.
- ☐
- Whisk vinaigrette, and drizzle over salads.
- ☐
- Garnish, if desired, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:62.67, Glycemic Load:1.38, Inflammation Score:-3, Nutrition Score:8.2160869473996%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 178.61kcal (8.93%), Fat: 14.04g (21.59%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 5.14g (1.87%), Sugar: 2.88g (3.21%), Cholesterol: 6.8mg (2.27%), Sodium: 524.84mg (22.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Vitamin K: 35.89µg (34.18%), Manganese: 0.4mg (20.15%), Vitamin E: 2.21mg (14.74%), Phosphorus: 146.61mg (14.66%), Fiber: 3.03g (12.14%), Vitamin C: 9.45mg (11.45%), Potassium: 371.55mg (10.62%), Magnesium: 32.88mg (8.22%), Calcium: 72.18mg (7.22%), Iron: 1.25mg (6.94%), Vitamin B12: 0.4µg (6.66%), Selenium: 4.39µg (6.27%), Folate: 25.03µg (6.26%), Copper: 0.11mg (5.71%), Vitamin B6: 0.11mg (5.69%), Zinc: 0.58mg (3.84%), Vitamin B3: 0.69mg (3.46%), Vitamin B5: 0.3mg (2.99%), Vitamin B1: 0.04mg (2.77%), Vitamin B2: 0.04mg (2.57%), Vitamin A: 121.31IU (2.43%)