



Seared Sesame Scallops



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons coarse salt
- ☐ 2 servings lemon wedges
- ☐ 2 servings pea and mint couscous
- ☐ 10 ounces sea scallops
- ☐ 3 tablespoons sesame seed
- ☐ 1 tablespoons , vegetable oil

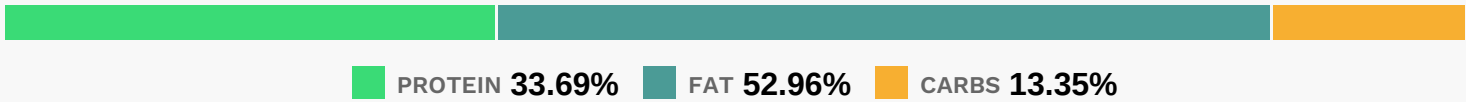
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small bowl stir together sesame seeds, salt, and pepper.
- ☐ Remove tough muscle from side of each scallop if necessary and pat scallops dry. Dip flat sides of each scallop in sesame mixture. In a 12-inch nonstick skillet heat oil over moderately high heat until hot but not smoking and sauté scallops on flat sides until sesame seeds are golden and scallops are just cooked through, about 4 minutes total.
- ☐ Serve scallops with couscous and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:12.976956564447%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 227.98kcal (11.4%), Fat: 13.47g (20.73%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 6.09g (2.21%), Sugar: 0.06g (0.07%), Cholesterol: 34.02mg (11.34%), Sodium: 2301.44mg (100.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.28g (38.57%), Phosphorus: 550mg (55%), Vitamin B12: 2µg (33.31%), Selenium: 22.29µg (31.84%), Copper: 0.53mg (26.46%), Magnesium: 74.44mg (18.61%), Manganese: 0.35mg (17.59%), Zinc: 2.24mg (14.92%), Iron: 2.37mg (13.17%), Calcium: 129.83mg (12.98%), Vitamin K: 12.71µg (12.1%), Potassium: 355.83mg (10.17%), Vitamin B6: 0.2mg (10.04%), Folate: 35.59µg (8.9%), Vitamin B3: 1.56mg (7.79%), Vitamin B1: 0.11mg (7.08%), Fiber: 1.56g (6.22%), Vitamin E: 0.59mg (3.93%), Vitamin B2: 0.05mg (3.18%), Vitamin B5: 0.32mg (3.18%), Vitamin C: 0.85mg (1.03%)