



Sesame-crusted Scallops and Spinach Salad with Asian Vinaigrette



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons canola oil divided
- ☐ 1.5 pounds sea scallops
- ☐ 0.3 cup and/or sesame seeds white black
- ☐ 4 servings spinach salad with asian vinaigrette

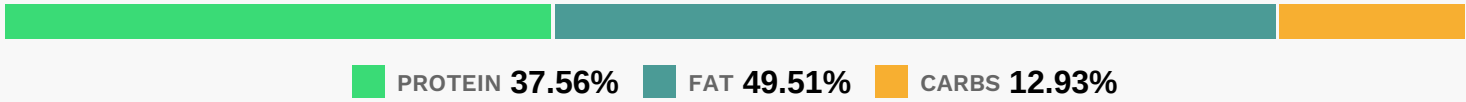
Equipment

- ☐ frying pan

Directions

- ☐ Rinse scallops and pat dry.
- ☐ Place sesame seeds in a shallow dish; dip both sides of each scallop into sesame seeds.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add half the scallops; cook 2 to 3 minutes on each side, being careful not to overcook.
- ☐ Remove from skillet and keep warm. Repeat procedure with remaining oil and scallops.
- ☐ Divide Spinach Salad evenly among 4 serving plates. Top with scallops and serve with remaining Asian Vinaigrette (see recipe below).

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:12.870869537734%

Nutrients (% of daily need)

Calories: 237.46kcal (11.87%), Fat: 12.99g (19.99%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 6.53g (2.37%), Sugar: 0.05g (0.06%), Cholesterol: 40.82mg (13.61%), Sodium: 667.82mg (29.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.18g (44.35%), Phosphorus: 627.09mg (62.71%), Vitamin B12: 2.4µg (39.97%), Selenium: 25.01µg (35.73%), Copper: 0.42mg (21.09%), Magnesium: 70.33mg (17.58%), Zinc: 2.27mg (15.16%), Manganese: 0.26mg (12.98%), Potassium: 392.65mg (11.22%), Iron: 2.01mg (11.17%), Calcium: 101.61mg (10.16%), Vitamin B6: 0.2mg (9.91%), Folate: 36.31µg (9.08%), Vitamin E: 1.29mg (8.63%), Vitamin B3: 1.62mg (8.1%), Vitamin B1: 0.09mg (5.74%), Vitamin K: 5.98µg (5.69%), Fiber: 1.11g (4.43%), Vitamin B5: 0.37mg (3.7%), Vitamin B2: 0.05mg (2.86%)