



Sesame-Crusted Scallops with Asian Vinaigrette

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 green onions sliced
- 4 servings garnish: green onions whole
- 1 Leaf lettuce
- 2 tablespoons vegetable oil; peanut oil preferred divided
- 0.3 teaspoon pepper freshly ground
- 1 medium size bell pepper red cut into thin strips
- 0.3 teaspoon salt

- 1.3 pounds sea scallops
- 0.3 cup sesame seed
- 4 servings asian vinaigrette

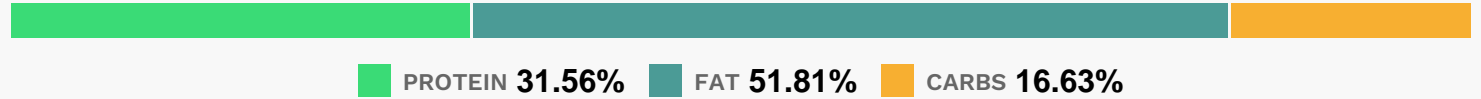
Equipment

- frying pan

Directions

- Rinse scallops and pat dry; sprinkle with salt and pepper, and dredge in sesame seeds.
- Heat 1 tablespoon oil in a large skillet over medium-high heat; add half of scallops, and cook 3 minutes on each side or until done. Repeat procedure with remaining scallops and oil.
- Arrange red pepper strips and scallops over lettuce.
- Sprinkle with sliced green onions; cross two whole green onions over each salad, if desired.
- Serve with Asian Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:1.14, Inflammation Score:-8, Nutrition Score:18.848260838053%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 248.93kcal (12.45%), Fat: 14.53g (22.35%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 7.95g (2.89%), Sugar: 1.7g (1.89%), Cholesterol: 34.02mg (11.34%), Sodium: 706.19mg (30.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.91g (39.82%), Phosphorus: 565.94mg (56.59%), Vitamin C: 40.96mg (49.64%), Vitamin B12: 2µg (33.31%), Vitamin K: 34.23µg (32.6%), Selenium: 22.59µg (32.27%), Copper: 0.56mg (28.13%), Vitamin A: 1097.12IU (21.94%), Magnesium: 81.99mg (20.5%), Manganese: 0.41mg (20.39%), Zinc: 2.4mg (15.98%), Iron: 2.73mg (15.17%), Vitamin B6: 0.3mg (14.96%), Folate: 58.69µg (14.67%), Calcium: 144.27mg (14.43%), Potassium: 457.85mg (13.08%), Vitamin E: 1.73mg (11.56%), Fiber: 2.55g (10.18%), Vitamin B3: 1.93mg (9.67%), Vitamin B1: 0.13mg (8.94%), Vitamin B2: 0.09mg (5.3%), Vitamin B5: 0.42mg (4.2%)