



## Spice-Crusted Scallops



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 2 tablespoons coriander seeds
- ☐ 2 tablespoons fennel seeds
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.3 lbs sea scallops at room temperature
- ☐ 2 teaspoons peppercorns white

## Equipment

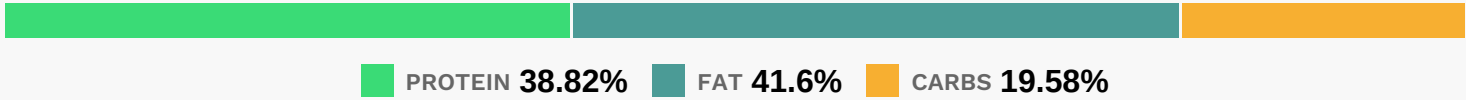
- ☐ frying pan

☐ mortar and pestle

## Directions

- ☐ Toast spices in a medium frying pan over medium heat until fragrant and coriander seeds are light golden, about 4 minutes. Coarsely grind in a mortar or spice grinder, then pour onto a plate.
- ☐ Heat oil in a 12-in. nonstick frying pan over medium-high heat. Season scallops with salt right before cooking and dredge top and bottom of each one in spice mix.
- ☐ Cook scallops until golden underneath, about 3 minutes, then flip and cook until just cooked through, 2 to 3 minutes.
- ☐ Serve them with a drizzle of spiced pan juices.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:6.9099998415812%

## Nutrients (% of daily need)

Calories: 123.19kcal (6.16%), Fat: 5.76g (8.86%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 4.17g (1.52%), Sugar: 0g (0%), Cholesterol: 22.68mg (7.56%), Sodium: 566.65mg (24.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.09g (24.18%), Phosphorus: 335.07mg (33.51%), Vitamin B12: 1.33µg (22.21%), Selenium: 12.58µg (17.98%), Manganese: 0.25mg (12.48%), Magnesium: 35.47mg (8.87%), Fiber: 1.92g (7.7%), Potassium: 249.96mg (7.14%), Zinc: 1.03mg (6.88%), Iron: 1.24mg (6.88%), Vitamin E: 0.82mg (5.44%), Calcium: 45.88mg (4.59%), Vitamin B3: 0.82mg (4.12%), Vitamin B6: 0.08mg (4%), Folate: 15.28µg (3.82%), Copper: 0.07mg (3.72%), Vitamin K: 3.33µg (3.17%), Vitamin B5: 0.2mg (2.03%), Vitamin B2: 0.03mg (1.66%), Vitamin C: 1.12mg (1.35%), Vitamin B1: 0.02mg (1.27%)