



WHATSheATE



Tomato and Melon Salad with Scallops and Pink Peppercorns



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



198 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound cantaloupe trimmed seeded
- ☐ 2 teaspoons ginger shredded finely (use a Microplane)
- ☐ 2 teaspoons kosher salt divided
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon brown sugar light packed
- ☐ 3 tablespoons juice of lime
- ☐ 5 tablespoons olive oil extra-virgin divided

- ☐ 1.5 teaspoons pink peppercorns divided crushed
- ☐ 12 dry-packed sea scallops
- ☐ 1 serrano chiles paper-thin sliced
- ☐ 1 medium vine-ripe tomato green
- ☐ 1 medium vine-ripe tomato red
- ☐ 1 medium vine-ripe tomato yellow
- ☐ 1 pound watermelon seedless trimmed

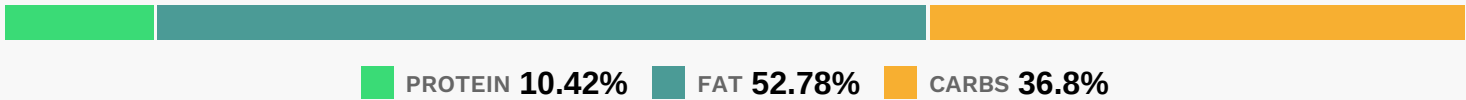
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Slice melons thinly and lay on a large shallow platter. Slice tomatoes crosswise and lay on platter with melons.
- ☐ Whisk together lemon and lime juices, chiles, brown sugar, 1 tsp. salt, 3 tbsp. oil, the ginger, and 3/4 tsp. peppercorns.
- ☐ Pour all but 2 tbsp. dressing over melon and tomatoes.
- ☐ Let marinate 10 minutes.
- ☐ Meanwhile, heat a large (not nonstick) frying pan over high heat. Pat scallops dry and season with remaining salt and pink peppercorns. When pan is hot, pour in remaining 2 tbsp. olive oil; place scallops one at a time in pan, spacing evenly; and cook until golden brown and crusty, 2 minutes. Turn over and cook on other side, 1 minute.
- ☐ Add warm scallops to platter, drizzle with remaining dressing, and serve.

Nutrition Facts



Properties

Glycemic Index:50.53, Glycemic Load:8.57, Inflammation Score:-9, Nutrition Score:11.472608701043%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 198.03kcal (9.9%), Fat: 12.25g (18.85%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 17.2g (6.25%), Sugar: 14.57g (16.19%), Cholesterol: 7.2mg (2.4%), Sodium: 920.7mg (40.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.89%), Vitamin A: 3519.69IU (70.39%), Vitamin C: 28.42mg (34.45%), Vitamin K: 15.96µg (15.2%), Vitamin E: 2.14mg (14.24%), Manganese: 0.28mg (14.21%), Phosphorus: 140.22mg (14.02%), Potassium: 450.49mg (12.87%), Magnesium: 34.39mg (8.6%), Fiber: 2.03g (8.11%), Copper: 0.16mg (8.07%), Selenium: 5.53µg (7.9%), Vitamin B6: 0.15mg (7.59%), Folate: 29.64µg (7.41%), Vitamin B12: 0.42µg (7.05%), Vitamin B3: 1.29mg (6.44%), Vitamin B1: 0.09mg (6.16%), Zinc: 0.82mg (5.44%), Iron: 0.97mg (5.37%), Vitamin B5: 0.41mg (4.06%), Vitamin B2: 0.06mg (3.4%), Calcium: 28.89mg (2.89%)