



WHATSheATE



Winter Salad with Sautéed Bay Scallops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 1 pound bay scallops
- ☐ 16 grape tomatoes halved
- ☐ 10 cups bitter greens mixed packed (lightly) (such as escarole, radicchio, endive, and frisée)
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 teaspoon lime zest grated
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 2 tablespoons orange juice
- ☐ 1 teaspoon orange peel grated
- ☐ 2 large oranges

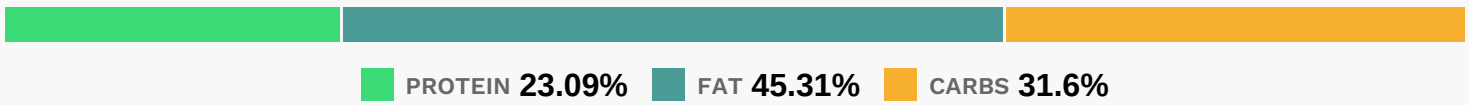
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk orange juice and 1 1/2 tablespoons vinegar in medium bowl to blend.
- ☐ Whisk in 1/4 cup oil. Season with salt and pepper.
- ☐ Cut peel and pith from oranges; cut between membranes to release segments.
- ☐ Whisk 1 tablespoon oil, orange peel, lime peel, lime juice, pepper, and 2 teaspoons vinegar in bowl for marinade. (Dressing, oranges, and marinade can be made 4 hours ahead; chill. Bring dressing back to room temperature.)
- ☐ Mix scallops into marinade.
- ☐ Let stand 10 minutes.
- ☐ Heat large nonstick skillet over high heat.
- ☐ Add scallops with marinade and sauté until just cooked through, about 2 minutes. Season scallops to taste with salt.
- ☐ Toss orange segments, mixed greens, and tomatoes in large bowl with enough dressing to coat. Divide salad among plates.
- ☐ Place scallops atop salads.

Nutrition Facts



Properties

Glycemic Index:30.81, Glycemic Load:2.68, Inflammation Score:-7, Nutrition Score:9.4552173407181%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 13.21mg, Hesperetin: 13.21mg, Hesperetin: 13.21mg, Hesperetin: 13.21mg Naringenin: 7.38mg, Naringenin: 7.38mg, Naringenin: 7.38mg, Naringenin: 7.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 139.72kcal (6.99%), Fat: 7.2g (11.07%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 9.73g (3.54%), Sugar: 6.02g (6.68%), Cholesterol: 13.61mg (4.54%), Sodium: 237.87mg (10.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.51%), Vitamin C: 43.46mg (52.67%), Phosphorus: 225.05mg (22.51%), Vitamin A: 966.75IU (19.34%), Vitamin B12: 0.8µg (13.32%), Folate: 47.92µg (11.98%), Selenium: 7.7µg (11%), Potassium: 380.35mg (10.87%), Vitamin E: 1.24mg (8.29%), Manganese: 0.15mg (7.3%), Vitamin B6: 0.14mg (6.94%), Magnesium: 27.37mg (6.84%), Vitamin K: 6.86µg (6.53%), Fiber: 1.57g (6.29%), Vitamin B3: 1.03mg (5.13%), Vitamin B1: 0.08mg (5.07%), Zinc: 0.72mg (4.78%), Iron: 0.75mg (4.15%), Copper: 0.08mg (4.14%), Vitamin B2: 0.06mg (3.54%), Calcium: 33.9mg (3.39%), Vitamin B5: 0.34mg (3.39%)