



Cajun Scallops

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon butter
- ☐ 1 teaspoon cajun spice
- ☐ 1 garlic clove
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoons hot sauce
- ☐ 1 teaspoon olive oil
- ☐ 1 large onion red separated thinly sliced
- ☐ 0.8 pound scallops fresh

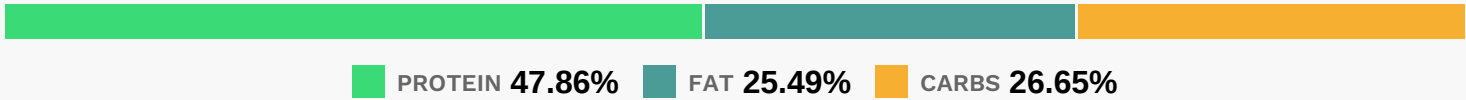
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a cast-iron skillet over high heat.
- ☐ Add onion, Cajun seasoning, and pepper; saut 3 minutes.
- ☐ Add butter and garlic; saut 30 seconds.
- ☐ Add scallops; cook 1 minute or until browned.
- ☐ Sprinkle with hot sauce; turn. Cook 3 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:1.37, Inflammation Score:-6, Nutrition Score:11.396521785985%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 181.5kcal (9.08%), Fat: 5.08g (7.81%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 10.49g (3.81%), Sugar: 2.48g (2.76%), Cholesterol: 46.2mg (15.4%), Sodium: 738.99mg (32.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.88%), Phosphorus: 591.12mg (59.11%), Vitamin B12: 2.4µg (40.04%), Selenium: 22.37µg (31.96%), Potassium: 467.96mg (13.37%), Vitamin B6: 0.23mg (11.74%), Magnesium: 46.08mg (11.52%), Zinc: 1.71mg (11.42%), Vitamin A: 567.33IU (11.35%), Manganese: 0.21mg (10.28%), Folate: 38.48µg (9.62%), Vitamin C: 6.04mg (7.32%), Vitamin B3: 1.38mg (6.91%), Iron: 1.07mg (5.94%), Fiber: 1.45g (5.79%), Vitamin B5: 0.48mg (4.79%), Vitamin E: 0.66mg (4.38%), Copper: 0.08mg (3.97%), Vitamin B2: 0.06mg (3.39%), Vitamin K: 3.29µg (3.14%), Calcium: 30.86mg (3.09%), Vitamin B1: 0.04mg (2.99%)