



Chile-Crusted Scallops with Mango-Papaya Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



8 min.

SERVINGS



4

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chipotle chile powder (such as McCormick)
- ☐ 4 lime wedges
- ☐ 2 teaspoons olive oil
- ☐ 4 servings mango-papaya salsa
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds sea scallops

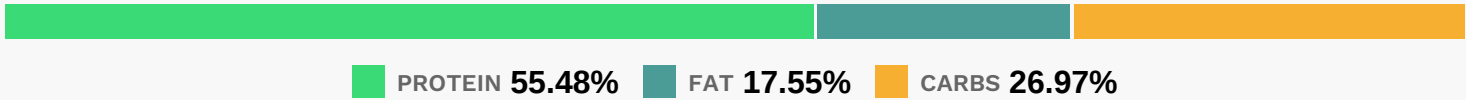
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Pat scallops dry with paper towels.
- ☐ Sprinkle scallops with chile powder and salt.
- ☐ Heat oil in a large nonstick skillet.
- ☐ Add scallops; cook 3 to 4 minutes on each side or until done.
- ☐ Serve with Mango-Papaya Salsa and lime wedges.
- ☐ Choice Ingredient
- ☐ Large sea scallops are great for a fast and filling protein source any night of the week. They can be seared or sauted and then added to salads and pastas or served solo as an entre. Their mild taste and universal appeal make them a good host for complex flavors.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:10.262173999911%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 153.78kcal (7.69%), Fat: 2.98g (4.59%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 8.89g (3.23%), Sugar: 2.03g (2.26%), Cholesterol: 40.82mg (13.61%), Sodium: 1168.85mg (50.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.45%), Phosphorus: 581.6mg (58.16%), Vitamin B12: 2.4µg (39.97%), Selenium: 22.13µg (31.62%), Potassium: 449.7mg (12.85%), Zinc: 1.63mg (10.88%), Magnesium: 43.31mg (10.83%), Vitamin B6: 0.19mg (9.41%), Vitamin B3: 1.59mg (7.95%), Folate: 29.94µg (7.48%), Vitamin C: 5.85mg (7.09%), Fiber: 1.43g (5.73%), Iron: 0.9mg (5.01%), Vitamin E: 0.72mg (4.79%), Vitamin B5: 0.47mg (4.69%), Copper: 0.07mg (3.59%), Manganese: 0.07mg (3.36%), Vitamin A: 167.7IU (3.35%), Vitamin K: 2.66µg (2.53%), Calcium: 25.31mg (2.53%), Vitamin B2: 0.04mg (2.31%), Vitamin B1: 0.03mg (1.9%)