



Chilled Tomato Soup with Seared Scallops, Avocado, and Ripped Basil



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



4

CALORIES



262 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado diced pitted peeled
- ☐ 2 tablespoons canola oil
- ☐ 2 tablespoons balsamic vinegar
- ☐ 8 basil leaves
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1 teaspoon salt
- ☐ 16 sea scallops fresh

- ☐ 2 pounds tomatoes chopped
- ☐ 1 tablespoon vegetable oil

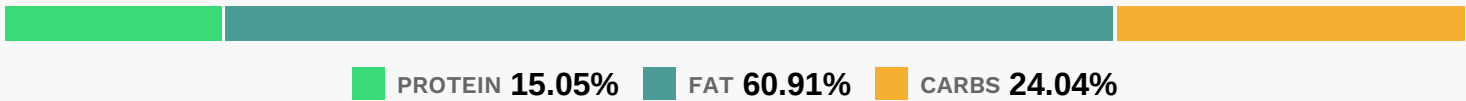
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Place the tomatoes, balsamic vinegar, avocado oil, and 1 teaspoon of salt into a blender. Puree on high until smooth, then strain through a mesh strainer, and refrigerate until cold, at least 2 hours.
- ☐ Heat the oil in a skillet over high heat until it begins to smoke.
- ☐ Place the scallops into the hot oil. Cook until the scallops are golden brown on each side, and the center has turned opaque, 1 to 2 minutes per side.
- ☐ To serve, pour the chilled soup into shallow bowls. Scatter the diced avocado into the soup, and place 4 scallops in each bowl.
- ☐ Sprinkle the soup with ground pepper and torn basil leaves to serve.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:3.39, Inflammation Score:-9, Nutrition Score:16.661304349485%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 262.03kcal (13.1%), Fat: 18.54g (28.53%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 10.34g (3.76%), Sugar: 7.5g (8.33%), Cholesterol: 14.4mg (4.8%), Sodium: 833.32mg (36.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.62%), Vitamin C: 36.24mg (43.93%), Vitamin A: 2007.12IU (40.14%), Vitamin K: 38.21µg (36.39%), Phosphorus: 283.09mg (28.31%), Potassium: 916.99mg (26.2%), Fiber: 6.13g (24.51%), Folate: 84.88µg (21.22%), Manganese: 0.37mg (18.7%), Vitamin B6: 0.36mg (17.8%), Vitamin E: 2.55mg (17%), Vitamin B12: 0.85µg (14.1%), Magnesium: 54.38mg (13.59%), Vitamin B3: 2.65mg (13.26%), Copper: 0.25mg (12.5%), Selenium: 7.89µg (11.27%), Vitamin B5: 1.03mg (10.32%), Zinc: 1.27mg (8.46%), Vitamin B1: 0.12mg (8.14%), Vitamin B2: 0.12mg (6.95%), Iron: 1.22mg (6.75%), Calcium: 36.69mg (3.67%)