



Citrus Scallops I



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 4 green onions thinly sliced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon lime zest grated
- ☐ 2 tablespoons olive oil
- ☐ 4 large oranges peeled
- ☐ 1 bell pepper red thinly sliced

- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 0.5 tablespoon salt
- ☐ 1 pound scallops

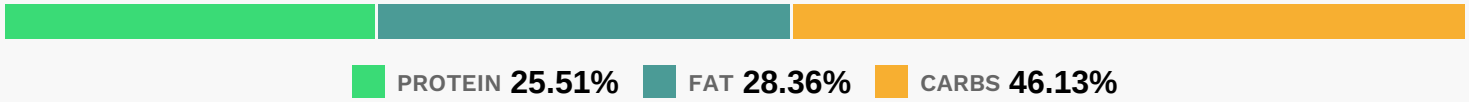
Equipment

- ☐ frying pan

Directions

- ☐ In a large skillet, heat the oil over medium-high heat.
- ☐ Add the red bell pepper, green onions and garlic. Cook, stirring for 1 minute.
- ☐ Add the scallops, salt and red pepper flakes. Cook until the scallops are opaque and the red bell pepper is tender, about 4 to 6 minutes.
- ☐ Stir in the lime zest and juice, scraping up any browned bits from the bottom of the skillet. Cook for 1 minute.
- ☐ Add the oranges and cilantro, cook until heated through, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:50.13, Glycemic Load:7.98, Inflammation Score:-9, Nutrition Score:18.737825994906%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 50.92mg, Hesperetin: 50.92mg, Hesperetin: 50.92mg, Hesperetin: 50.92mg Naringenin: 28.23mg, Naringenin: 28.23mg, Naringenin: 28.23mg, Naringenin: 28.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 241.62kcal (12.08%), Fat: 7.92g (12.18%), Saturated Fat: 1.16g (7.28%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 23.51g (8.55%), Sugar: 18.88g (20.98%), Cholesterol: 27.22mg (9.07%), Sodium: 1322.2mg (57.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.02g (32.04%), Vitamin C: 140.81mg (170.68%), Phosphorus:

419.35mg (41.94%), Vitamin A: 1516.27IU (30.33%), Vitamin K: 31.01µg (29.54%), Vitamin B12: 1.6µg (26.65%), Folate: 95.6µg (23.9%), Selenium: 15.68µg (22.4%), Fiber: 5.45g (21.81%), Potassium: 676.64mg (19.33%), Vitamin B6: 0.3mg (15.1%), Vitamin B1: 0.19mg (12.97%), Vitamin E: 1.94mg (12.95%), Magnesium: 50.35mg (12.59%), Calcium: 94.71mg (9.47%), Zinc: 1.3mg (8.7%), Vitamin B3: 1.7mg (8.51%), Vitamin B5: 0.82mg (8.23%), Vitamin B2: 0.13mg (7.58%), Manganese: 0.14mg (6.83%), Copper: 0.13mg (6.52%), Iron: 1.01mg (5.62%)