



Cornmeal-Crusted Scallops with Mint Chimichurri



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 cups mint leaves fresh loosely packed
- ☐ 1 garlic clove
- ☐ 0.8 cup green onions sliced
- ☐ 1 tablespoon honey
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds sea scallops
- ☐ 1 teaspoon serrano chile minced seeded
- ☐ 2 tablespoons water
- ☐ 3 tablespoons cornmeal yellow

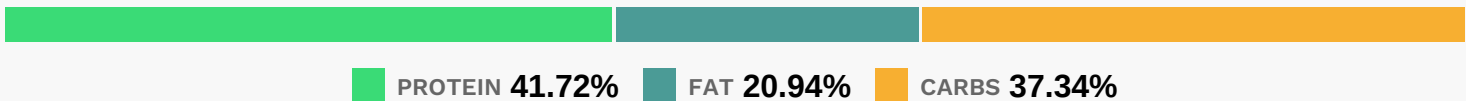
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Place first 9 ingredients in a food processor; process until finely chopped. Set aside.
- ☐ Place cornmeal in a shallow dish. Dredge scallops in cornmeal.
- ☐ Heat oil in a large nonstick skillet over medium–high heat.
- ☐ Add scallops; cook 3 minutes on each side or until done.
- ☐ Serve with chimichurri, and garnish with onion strips, if desired.

Nutrition Facts



Properties

Glycemic Index:53.69, Glycemic Load:5.9, Inflammation Score:-7, Nutrition Score:15.558695834616%

Flavonoids

Eriodictyol: 5.34mg, Eriodictyol: 5.34mg, Eriodictyol: 5.34mg, Eriodictyol: 5.34mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg Luteolin: 2.16mg, Luteolin: 2.16mg, Luteolin: 2.16mg, Luteolin: 2.16mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 214.19kcal (10.71%), Fat: 4.99g (7.67%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 17.33g (6.3%), Sugar: 4.99g (5.54%), Cholesterol: 40.82mg (13.61%), Sodium: 966.99mg (42.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.35g (44.7%), Phosphorus: 607mg (60.7%), Vitamin B12: 2.4µg (39.97%), Vitamin K: 41.45µg (39.48%), Selenium: 22.5µg (32.15%), Vitamin A: 917.82IU (18.36%), Manganese: 0.36mg (17.84%), Magnesium: 64.06mg (16.01%), Folate: 61.85µg (15.46%), Potassium: 537.88mg (15.37%), Zinc: 2.07mg (13.81%), Vitamin C: 11.06mg (13.41%), Iron: 2.1mg (11.64%), Vitamin B6: 0.22mg (10.88%), Fiber: 2.67g (10.69%), Vitamin B3: 1.8mg (8.99%), Copper: 0.14mg (6.97%), Calcium: 69.22mg (6.92%), Vitamin B2: 0.1mg (5.7%), Vitamin B5: 0.5mg (5.01%), Vitamin E: 0.65mg (4.36%), Vitamin B1: 0.06mg (4.13%)