




Cumin Scallops On Fiesta Rice


 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN




45 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 0.1 teaspoon pepper black
- 0.5 cup poblano pepper finely chopped
- 2 tablespoons cilantro leaves fresh chopped
- 1.5 teaspoons ground cumin
- 0.1 teaspoon ground pepper red
- 0.1 teaspoon turmeric
- 1 tablespoon olive oil
- 0.5 cup rice long-grain uncooked

- 0.5 teaspoon salt divided
- 1.5 pounds scallops
- 1 small tomatoes diced seeded
- 1.3 cups water

Equipment

- frying pan
- paper towels
- sauce pan
- wooden spoon

Directions

- Rinse scallops, and pat dry with paper towels to remove excess moisture.
- Bring water to a boil in a 1 1/2-quart saucepan over high heat; stir in turmeric and rice. Return to a boil; cover, reduce heat, and simmer 20 minutes.
- Combine 1/4 teaspoon salt, cumin, red pepper, and black pepper.
- Sprinkle cumin mixture over scallops; toss gently.
- Heat 1/2 tablespoon olive oil in a large nonstick skillet, tilting pan to coat bottom.
- Add half of scallops; cook 2 minutes on each side or until browned.
- Remove scallops from pan; keep warm. Scrape off any residue in pan with a wooden spoon. Repeat procedure with remaining oil and scallops.
- Add 1/4 teaspoon salt, poblano pepper, cilantro, and tomato to cooked rice.
- Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:53.8, Glycemic Load:11.44, Inflammation Score:-7, Nutrition Score:12.985217322474%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 243.97kcal (12.2%), Fat: 4.75g (7.31%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 26.1g (8.7%), Net Carbohydrates: 25.08g (9.12%), Sugar: 1.1g (1.22%), Cholesterol: 40.82mg (13.61%), Sodium: 965.49mg (41.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.68g (45.36%), Phosphorus: 608.19mg (60.82%), Vitamin B12: 2.4µg (39.97%), Selenium: 25.32µg (36.17%), Vitamin C: 18.27mg (22.14%), Manganese: 0.37mg (18.49%), Potassium: 480.02mg (13.71%), Magnesium: 51.43mg (12.86%), Zinc: 1.91mg (12.75%), Vitamin B6: 0.23mg (11.42%), Vitamin B3: 1.84mg (9.18%), Folate: 34.64µg (8.66%), Iron: 1.52mg (8.42%), Copper: 0.14mg (6.81%), Vitamin B5: 0.64mg (6.41%), Vitamin A: 312.89IU (6.26%), Vitamin K: 6.13µg (5.84%), Vitamin E: 0.77mg (5.15%), Fiber: 1.02g (4.08%), Vitamin B1: 0.05mg (3.49%), Calcium: 30.85mg (3.09%), Vitamin B2: 0.05mg (2.94%)