



Curried Fruit Salad with Scallops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 large bibb lettuce leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 0.1 teaspoon curry powder
- ☐ 0.3 teaspoon brown sugar dark
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 1 teaspoon cilantro leaves fresh minced
- ☐ 1 tablespoon juice of lime
- ☐ 2 cups mangos peeled chopped

- ☐ 1 tablespoon orange juice
- ☐ 1 Dash pepper black
- ☐ 0.5 cup onion red chopped
- ☐ 0.1 teaspoon salt
- ☐ 1.5 pounds sea scallops

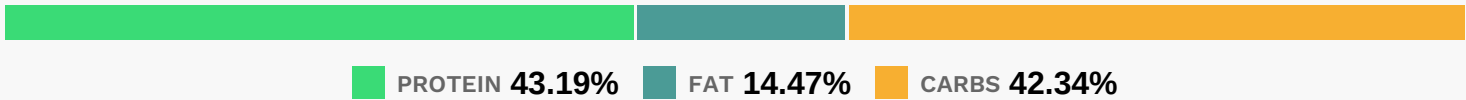
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Arrange 2 lettuce leaves on each of 4 plates.
- ☐ Combine lime juice and next 6 ingredients (lime juice through pepper) in a medium bowl, stirring well with a whisk.
- ☐ Add mango, onion, and cilantro to juice mixture; toss gently to coat. Spoon mango mixture evenly onto lettuce leaves.
- ☐ Drizzle scallops with 1 tablespoon lime juice; sprinkle with 1/4 teaspoon pepper and 1/8 teaspoon salt.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add scallops; cook 4 minutes on each side or until lightly browned. Arrange scallops evenly over each serving.

Nutrition Facts



Properties

Glycemic Index:57.94, Glycemic Load:6.38, Inflammation Score:-9, Nutrition Score:17.12695651469%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 200.83kcal (10.04%), Fat: 3.26g (5.01%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 19.38g (7.05%), Sugar: 13.1g (14.55%), Cholesterol: 40.82mg (13.61%), Sodium: 742.88mg (32.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.77%), Phosphorus: 597.1mg (59.71%), Vitamin C: 35.88mg (43.5%), Vitamin B12: 2.4µg (39.97%), Vitamin A: 1905.25IU (38.11%), Vitamin K: 35.85µg (34.14%), Selenium: 22.58µg (32.25%), Folate: 90.18µg (22.55%), Potassium: 604.24mg (17.26%), Vitamin B6: 0.28mg (13.77%), Magnesium: 52.78mg (13.2%), Zinc: 1.73mg (11.51%), Vitamin B3: 1.9mg (9.52%), Manganese: 0.18mg (9.2%), Fiber: 2.07g (8.29%), Copper: 0.15mg (7.45%), Vitamin E: 1.11mg (7.43%), Iron: 1.25mg (6.95%), Vitamin B5: 0.61mg (6.13%), Vitamin B2: 0.08mg (4.89%), Vitamin B1: 0.07mg (4.43%), Calcium: 36.63mg (3.66%)