



Curried Scallops with Tomatoes

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cilantro leaves chopped
- ☐ 2 tablespoons curry powder
- ☐ 0.8 cup greek yogurt
- ☐ 1 juice of lime
- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 tablespoons olive oil
- ☐ 2 pounds scallops (U-10 to U-15)
- ☐ 3 medium tomatoes diced ripe seeded

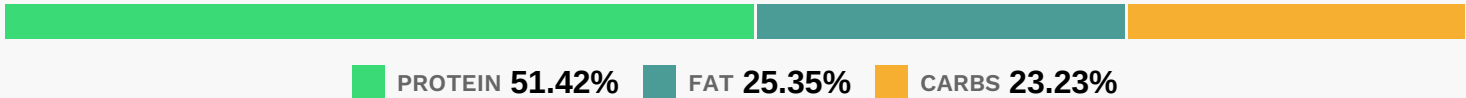
Equipment

☐ frying pan

Directions

- ☐ Spread curry powder out on a small plate. Season scallops with salt and pepper. Dip each scallop in the curry powder so they are coated lightly on each side.
- ☐ Heat oil in a 12-inch skillet over medium high heat until smoking.
- ☐ Add scallops flat-side down in a single layer (do not crowd pan, and cook in batches if necessary) and cook without moving for two minutes until browned on one side. Flip and cook for another minute.
- ☐ Add tomatoes to the pan. Turn down the heat to low and add yogurt and lime juice. Toss to combine. Take scallops off the heat and season to taste with salt and pepper. Top with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1, Inflammation Score:-7, Nutrition Score:18.804347805355%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 254.72kcal (12.74%), Fat: 7.12g (10.95%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 12.46g (4.53%), Sugar: 3.88g (4.31%), Cholesterol: 56.31mg (18.77%), Sodium: 909.91mg (39.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.49g (64.98%), Phosphorus: 843.28mg (84.33%), Vitamin B12: 3.46µg (57.67%), Selenium: 33.29µg (47.55%), Potassium: 803.31mg (22.95%), Vitamin C: 15.77mg (19.12%), Vitamin A: 945.58IU (18.91%), Vitamin K: 19.85µg (18.91%), Magnesium: 73.08mg (18.27%), Zinc: 2.56mg (17.05%), Vitamin B6: 0.3mg (15.2%), Manganese: 0.3mg (14.92%), Folate: 59.38µg (14.84%), Vitamin E: 1.99mg (13.23%), Vitamin B3: 2.36mg (11.8%), Iron: 2.11mg (11.7%), Vitamin B2: 0.17mg (9.99%), Fiber: 2.21g (8.86%), Calcium: 81.68mg (8.17%),

Copper: 0.15mg (7.26%), Vitamin B5: 0.72mg (7.16%), Vitamin B1: 0.07mg (4.61%)