



Fresh Corn with Avocado, Scallions, and Spiced Scallops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium avocado diced peeled
- ☐ 0.3 cup wine dry white
- ☐ 4 cups ears corn fresh thawed
- ☐ 1 teaspoon ground cumin divided
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 1 spring onion chopped
- ☐ 1.3 pounds scallops (12)

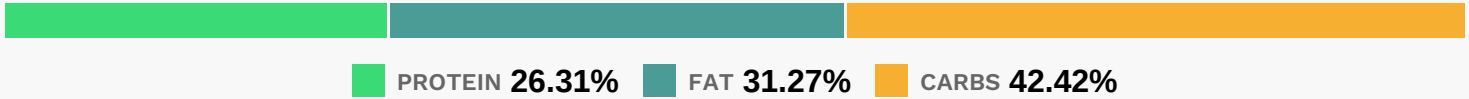
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small bowl, toss avocado and lime juice.
- ☐ Sprinkle scallops with salt, pepper, and 1/2 teaspoon cumin.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add scallops; cook, turning once, until golden and cooked through (about 3 minutes).
- ☐ Transfer scallops to a plate.
- ☐ Add corn, scallion, white wine, and remaining cumin to skillet; cook corn until tender, stirring constantly (about 2 minutes).
- ☐ Spoon corn mixture onto 4 serving plates; top each with about 3 scallops.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:19.179130460905%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 336.97kcal (16.85%), Fat: 12.16g (18.71%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 37.14g (12.38%), Net Carbohydrates: 30.69g (11.16%), Sugar: 9.7g (10.78%), Cholesterol: 34.02mg (11.34%), Sodium: 728.47mg (31.67%), Alcohol: 1.54g (100%), Alcohol %: 0.54% (100%), Protein: 23.02g (46.05%), Phosphorus: 635.64mg (63.56%), Vitamin B12: 2µg (33.31%), Folate: 126.8µg (31.7%), Selenium: 19.28µg (27.55%), Potassium: 959.76mg (27.42%), Magnesium: 103.85mg (25.96%), Fiber: 6.44g (25.78%), Vitamin B3: 4.5mg (22.49%), Vitamin B5: 2.06mg (20.58%), Vitamin C: 16.61mg (20.14%), Manganese: 0.39mg (19.39%), Vitamin B6: 0.38mg (19.04%), Vitamin B1: 0.28mg (18.33%), Vitamin K: 18.72µg (17.82%), Zinc: 2.34mg (15.58%), Iron: 2.01mg (11.19%), Copper: 0.22mg (10.83%), Vitamin B2: 0.17mg (10.2%), Vitamin E: 1.47mg (9.82%), Vitamin A: 387.59IU (7.75%), Calcium: 26.79mg (2.68%)