



Grilled Sea Scallops on Tortilla Chips with Avocado Puree and Jalapeno Pesto 2

READY IN



75 min.

SERVINGS



40

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 40 corn tortilla chip rounds blue
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 40 servings cilantro leaves fresh for garnish
- ☐ 3 cups cilantro leaves fresh
- ☐ 2 cloves garlic chopped
- ☐ 2 haas avocados pitted ripe peeled coarsely chopped
- ☐ 3 jalapeños chopped
- ☐ 4 juice of lime juiced

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 cup olive oil extra-virgin
- ☐ 40 servings olive oil
- ☐ 0.3 cup pinenuts
- ☐ 0.3 cup onion red chopped
- ☐ 40 servings salt and pepper black freshly ground
- ☐ 20 large sea scallops

Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Heat a grill to high.
- ☐ Brush the scallops on both sides with the oil and sprinkle with salt and pepper. Grill the scallops until golden brown and slightly charred and just cooked through, 2 to 3 minutes per side.
- ☐ Remove from the grill and slice in half into 2 coins.
- ☐ Spread about a tablespoon of Avocado Puree over each chip. Top the puree with a scallop, grill-side up, and top each scallop with a dollop of the Jalapeno Pesto.
- ☐ Garnish with cilantro leaves.
- ☐ Combine the cilantro, onions, oil, lime juice and avocado in a food processor and process until combined, but still chunky. Puree until smooth if desired. Season with salt and pepper.
- ☐ Combine the cilantro, pine nuts, jalapeno, garlic, and some salt and pepper in a food processor and process until coarsely chopped. With the motor running, slowly add the oil and process until emulsified.
- ☐ Scrape into a bowl.

Nutrition Facts



 PROTEIN 4.88%  FAT 86.95%  CARBS 8.17%

Properties

Glycemic Index:6.43, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:4.0104348115299%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 193.78kcal (9.69%), Fat: 19.2g (29.54%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 3.07g (1.12%), Sugar: 0.27g (0.3%), Cholesterol: 3.6mg (1.2%), Sodium: 70.56mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Vitamin E: 2.84mg (18.94%), Vitamin K: 18.12µg (17.25%), Phosphorus: 69.02mg (6.9%), Manganese: 0.12mg (5.78%), Vitamin C: 3.68mg (4.46%), Fiber: 1g (3.98%), Vitamin B12: 0.21µg (3.52%), Folate: 12.91µg (3.23%), Selenium: 2.15µg (3.07%), Potassium: 107.47mg (3.07%), Magnesium: 11.95mg (2.99%), Vitamin B6: 0.05mg (2.7%), Vitamin A: 130.08IU (2.6%), Vitamin B5: 0.23mg (2.29%), Copper: 0.04mg (2.17%), Zinc: 0.31mg (2.08%), Iron: 0.34mg (1.9%), Vitamin B3: 0.38mg (1.9%), Vitamin B2: 0.02mg (1.39%), Vitamin B1: 0.02mg (1.21%)