

Grilled Sea Scallops with Avocado-Corn Relish on Crisp Tortillas

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves coarsely chopped
- ☐ 1 cup roasted corn kernels
- ☐ 2 haas avocado pitted peeled coarsely chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 servings olive oil
- ☐ 0.3 cup parsley finely chopped
- ☐ 3 tablespoons onion diced red finely
- ☐ 4 servings salt and pepper freshly ground

- ☐ 12 sea scallops
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 1 bag fried flour tortilla chips

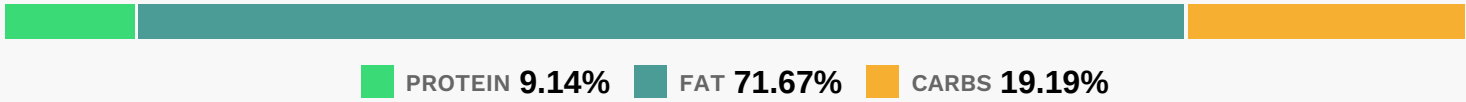
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine all ingredients in bowl and season with salt and pepper to taste.
- ☐ For the scallops: Preheat grill.
- ☐ Brush scallops with oil and season with salt and pepper to taste. Grill the scallops for 2 minutes on each side. Arrange tortillas on a serving platter, top each with a layer of relish and 1 scallop.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:17.270000136417%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 364.09kcal (18.2%), Fat: 30.73g (47.28%), Saturated Fat: 4.85g (30.33%), Carbohydrates: 18.52g (6.17%), Net Carbohydrates: 10.61g (3.86%), Sugar: 3.31g (3.68%), Cholesterol: 14.34mg (4.78%), Sodium: 468.42mg (20.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.64%), Vitamin K: 94.36µg (89.87%), Fiber: 7.9g (31.61%), Folate: 113.63µg (28.41%), Vitamin E: 4.24mg (28.29%), Vitamin C: 21.11mg (25.59%), Phosphorus: 233.44mg (23.34%), Potassium: 696.42mg (19.9%), Vitamin B5: 1.71mg (17.07%), Vitamin B6: 0.33mg (16.43%), Vitamin B3: 2.58mg (12.91%), Magnesium: 49.13mg (12.28%), Vitamin A: 595IU (11.9%), Copper: 0.23mg (11.56%), Vitamin B2: 0.19mg (11.43%), Manganese: 0.22mg (11.11%), Vitamin B12: 0.65µg (10.79%), Selenium: 6.75µg (9.65%), Zinc: 1.28mg (8.5%), Iron: 1.21mg (6.71%), Vitamin B1: 0.1mg (6.62%), Calcium: 32.36mg (3.24%)