



Mango Masala Scallop Skewers

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 green onions for garnish cut into 3-inch lengths (save green tops)
- 1 lime fresh cut into wedges
- 1 tablespoon juice of lime fresh
- 1 mangos cut into 1 1/2-inch chunks
- 4 callisons indian mango curry seasoned skewers
- 1 tablespoon salad oil
- 4 servings salt and pepper black to taste
- 12 large sea scallops

- 1 tablespoon soya sauce
- 4 servings chili soy sauce sweet
- 2 tablespoons thai chili sauce sweet
- 0.5 cup white wine

Equipment

- grill
- skewers

Directions

- Soak skewers in white wine for 10 to 15 minutes.
- Trim white end of green onion to 3-inch lengths.
- Cut the remaining green part into thin slivers for garnish if desired.
- Thread onto a skewer in the following order: scallop-white part of green onion-mango, using 1 piece of each. Repeat 1 more time and then add 1 more scallop to secure the mango. Repeat with remaining skewers.
- Let sit for 10 to 20 minutes in refrigerator.
- Lightly brush skewers on each side with salad oil and season to taste with salt and pepper.
- Place on a preheated medium-high grill and cook until scallops are just cooked, about 3 to 4 minutes per side.
- Garnish with green onion slivers and lime wedges.

Nutrition Facts



PROTEIN 31.59% FAT 21.83% CARBS 46.58%

Properties

Glycemic Index:41.44, Glycemic Load:4.66, Inflammation Score:-7, Nutrition Score:13.831739021384%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg

0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 7.66mg, Hesperetin: 7.66mg, Hesperetin: 7.66mg, Hesperetin: 7.66mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 196.59kcal (9.83%), Fat: 4.43g (6.82%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 21.27g (7.09%), Net Carbohydrates: 18.78g (6.83%), Sugar: 12.76g (14.17%), Cholesterol: 21.6mg (7.2%), Sodium: 1895.23mg (82.4%), Alcohol: 3.09g (100%), Alcohol %: 1.55% (100%), Protein: 14.43g (28.86%), Vitamin K: 55.59µg (52.94%), Phosphorus: 358.4mg (35.84%), Vitamin C: 29.46mg (35.71%), Vitamin B12: 1.27µg (21.15%), Selenium: 12.43µg (17.75%), Vitamin A: 822.03IU (16.44%), Folate: 59.62µg (14.9%), Manganese: 0.28mg (13.95%), Potassium: 443.62mg (12.67%), Magnesium: 45.63mg (11.41%), Vitamin B6: 0.22mg (11.1%), Vitamin B3: 2.1mg (10.5%), Fiber: 2.5g (10%), Iron: 1.8mg (9.99%), Vitamin E: 1.48mg (9.84%), Zinc: 1.15mg (7.7%), Copper: 0.15mg (7.49%), Vitamin B2: 0.1mg (5.75%), Calcium: 46.53mg (4.65%), Vitamin B5: 0.45mg (4.53%), Vitamin B1: 0.06mg (3.82%)