



Mexican Seafood Sauté with Avocado-Mango Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large avocado diced pitted peeled
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 2 garlic clove pressed
- ☐ 12 spring onion thinly sliced (white and pale green parts only;)
- ☐ 2 teaspoons ground cumin
- ☐ 1.5 tablespoons jalapeno seeded finely chopped
- ☐ 1.5 pounds shrimp deveined uncooked peeled

- ☐ 1 slices lime
- ☐ 0.3 cup juice of lime fresh
- ☐ 1.5 cups mangos diced pitted peeled
- ☐ 0.3 cup olive oil divided
- ☐ 1 pound scallops
- ☐ 0.3 cup shallots chopped
- ☐ 0.3 cup shallots chopped (2 medium)
- ☐ 0.3 cup tequila

Equipment

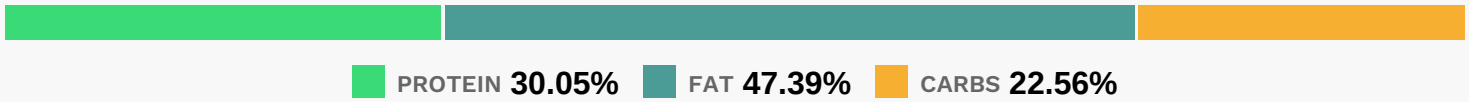
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Mix all ingredients in medium bowl. Season to taste with salt. Cover and chill. DO AHEAD: Can be made 2 hours ahead. Keep chilled.
- ☐ Whisk first 5 ingredients in small bowl to blend. Gradually whisk in 1/3 cup olive oil. Season marinade to taste with salt and pepper.
- ☐ Place shrimp in large resealable plastic bag.
- ☐ Place scallops in another large resealable plastic bag.
- ☐ Pour marinade into bags, dividing equally (about 1/2 cup each). Seal bags; turn to coat. Chill at least 30 minutes and up to 1 hour.
- ☐ Drain shrimp and scallops; pour marinade into small saucepan. Bring marinade to boil; set aside.
- ☐ Pat scallops dry.
- ☐ Heat 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add scallops to skillet and sauté until beginning to brown, about 1 1/2 minutes per side.

- ☐ Transfer to large bowl.
- ☐ Add remaining 2 tablespoons oil to skillet.
- ☐ Add shrimp and green onions; sauté until shrimp are almost opaque in center, stirring often, about 3 minutes. Return scallops with any accumulated juices to skillet.
- ☐ Add boiled marinade. Simmer until seafood is just opaque in center and mixture is heated through, 1 to 2 minutes.
- ☐ Transfer to large shallow bowl.
- ☐ Garnish with lime slices.
- ☐ Serve with salsa.
- ☐ Mexican beer is a natural match for this menu. We like Bohemia (\$8 per six-pack) because it's refreshing, crisp, and slightly spicy.

Nutrition Facts



Properties

Glycemic Index: 49.63, Glycemic Load: 4.59, Inflammation Score: -8, Nutrition Score: 23.593043379162%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 1.58mg, Hesperetin: 1.58mg, Hesperetin: 1.58mg, Hesperetin: 1.58mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 373.56kcal (18.68%), Fat: 18.86g (29.01%), Saturated Fat: 2.67g (16.66%), Carbohydrates: 20.2g (6.73%), Net Carbohydrates: 15.53g (5.65%), Sugar: 8.61g (9.57%), Cholesterol: 161.03mg (53.68%), Sodium: 950.02mg (41.31%), Alcohol: 3.34g (100%), Alcohol %: 1.21% (100%), Protein: 26.9g (53.81%), Vitamin K: 67.01µg (63.82%), Selenium: 44.25µg (63.21%), Phosphorus: 584.14mg (58.41%), Vitamin C: 33.42mg (40.51%), Vitamin B12: 2.32µg

(38.74%), Vitamin E: 4.61mg (30.75%), Folate: 105.81µg (26.45%), Vitamin B6: 0.5mg (25.23%), Vitamin A: 1067.23IU (21.34%), Potassium: 705.98mg (20.17%), Copper: 0.39mg (19.75%), Fiber: 4.67g (18.67%), Vitamin B3: 3.71mg (18.55%), Magnesium: 70.51mg (17.63%), Zinc: 2.31mg (15.37%), Manganese: 0.29mg (14.54%), Vitamin B5: 1.18mg (11.84%), Calcium: 114.55mg (11.46%), Iron: 2.05mg (11.38%), Vitamin B2: 0.12mg (7.29%), Vitamin B1: 0.1mg (6.77%)