



Pan-fried scallops with lime & coriander



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 scallops
- ☐ 1 tbsp olive oil
- ☐ 2 large garlic cloves chopped
- ☐ 1 tsp chilli fresh red chopped
- ☐ 2 juice of lime
- ☐ 2 servings coriander roughly chopped
- ☐ 2 servings salt and pepper

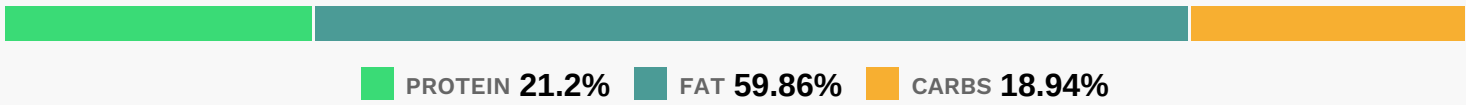
Equipment

☐ frying pan

Directions

- ☐ Fry the scallops in the olive oil for about 1 min until golden, then flip them over and sprinkle over the garlic cloves and chopped fresh red chilli into the pan. Cook for about 1 min more, then squeeze over the juice of the lime.
- ☐ Finish off with roughly chopped coriander and salt and pepper.
- ☐ Serve straight away.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:4.2639130690823%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 105.92kcal (5.3%), Fat: 7.27g (11.18%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.95g (1.8%), Sugar: 0.67g (0.74%), Cholesterol: 10.8mg (3.6%), Sodium: 371.71mg (16.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.59%), Vitamin C: 13.56mg (16.43%), Phosphorus: 160.21mg (16.02%), Vitamin B12: 0.63µg (10.58%), Selenium: 6.23µg (8.9%), Vitamin E: 1.1mg (7.31%), Vitamin K: 5.11µg (4.86%), Vitamin B6: 0.09mg (4.71%), Potassium: 148.06mg (4.23%), Manganese: 0.07mg (3.44%), Magnesium: 13.66mg (3.41%), Zinc: 0.48mg (3.17%), Folate: 10.93µg (2.73%), Vitamin B3: 0.41mg (2.06%), Iron: 0.32mg (1.76%), Vitamin B5: 0.16mg (1.57%), Copper: 0.03mg (1.55%), Calcium: 12.94mg (1.29%), Vitamin B1: 0.02mg (1.23%)