



Pan-Seared Scallops with Chili Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon chili powder
- 4 servings cilantro sprigs fresh
- 2 tablespoons flour all-purpose divided
- 2 tablespoons cilantro leaves fresh chopped
- 0.1 teaspoon ground cumin
- 0.8 cup milk 1% low-fat
- 1 teaspoon butter
- 0.3 teaspoon salt
- 1.5 pounds sea scallops

1 teaspoon vegetable oil

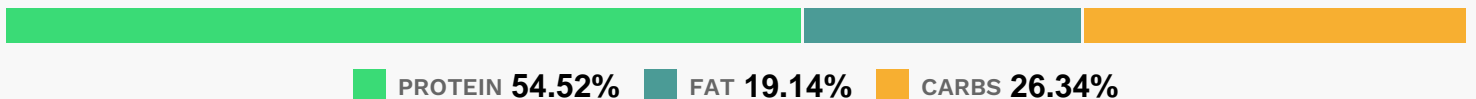
Equipment

frying pan

Directions

- Combine scallops and 2 tablespoons flour in a large zip-top bag; seal bag and shake gently to coat scallops.
- Heat oil in a 10-inch cast-iron skillet over high heat, swirling to coat bottom of pan.
- Add scallops; cook 2 minutes on each side or until lightly browned.
- Remove scallops from skillet; keep warm.
- Melt margarine in skillet over medium heat.
- Add 2 teaspoons flour, and cook 30 seconds, stirring constantly.
- Add chili powder, salt, and cumin; cook 30 seconds, stirring frequently. Gradually stir in milk, and cook 2 1/2 minutes or until thick, stirring frequently. Return scallops to skillet; add cilantro, stirring gently to coat.
- Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:2.07, Inflammation Score:-4, Nutrition Score:10.969565328697%

Flavonoids

Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 170.69kcal (8.53%), Fat: 3.51g (5.4%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 10.58g (3.85%), Sugar: 2.24g (2.49%), Cholesterol: 43.04mg (14.35%), Sodium: 849.69mg (36.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.49g (44.99%), Phosphorus: 620mg (62%), Vitamin B12: 2.67µg (44.49%), Selenium: 24.08µg (34.4%), Potassium: 436.05mg (12.46%), Zinc: 1.79mg (11.94%), Magnesium: 44.65mg (11.16%), Folate: 35.31µg (8.83%), Vitamin B6: 0.16mg (8.18%), Vitamin B3: 1.53mg (7.66%), Calcium:

69.42mg (6.94%), Vitamin B2: 0.11mg (6.58%), Vitamin A: 305.83IU (6.12%), Vitamin B5: 0.55mg (5.49%), Iron: 0.96mg (5.31%), Vitamin B1: 0.07mg (4.57%), Vitamin K: 3.59µg (3.42%), Manganese: 0.07mg (3.4%), Vitamin D: 0.49µg (3.24%), Copper: 0.05mg (2.56%), Vitamin E: 0.34mg (2.28%), Fiber: 0.29g (1.16%)