



## Pan-Seared Scallops with Cilantro



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



100 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 0.5 jalapeno minced seeded
- ☐ 1 tablespoon butter light divided
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon salt
- ☐ 1 pound sea scallops

☐ 0.3 cup water

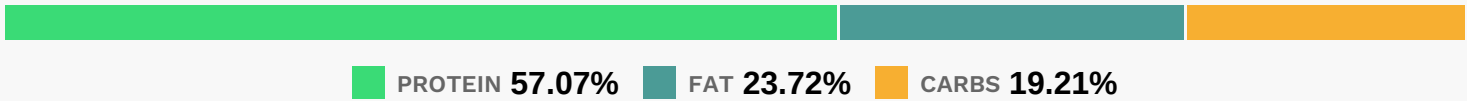
Equipment

☐ frying pan

Directions

- ☐ Sprinkle both sides of scallops with chili powder, salt, and black pepper.
- ☐ Melt 1 1/2 teaspoons butter in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add half of scallops; cook 3 minutes on each side or until done.
- ☐ Remove scallops from pan; keep warm. Repeat procedure with remaining butter and scallops.
- ☐ Add water, jalapeo pepper, and lime juice to pan; cook 1 minute, scraping bottom and sides of pan to loosen browned bits. Spoon sauce over scallops; sprinkle with cilantro.
- ☐ carbo rating: 5

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:6.5926086040943%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 99.86kcal (4.99%), Fat: 2.57g (3.96%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 4.4g (1.6%), Sugar: 0.24g (0.26%), Cholesterol: 30.93mg (10.31%), Sodium: 745.72mg (32.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.85%), Phosphorus: 383.24mg (38.32%), Vitamin B12: 1.6µg (26.72%), Selenium: 14.68µg (20.96%), Potassium: 260.58mg (7.45%), Zinc: 1.08mg (7.17%), Magnesium: 27.15mg (6.79%), Vitamin C: 4.38mg (5.31%), Vitamin B6: 0.1mg (5.22%), Vitamin A: 247.88IU (4.96%), Folate: 19.69µg (4.92%), Vitamin B3: 0.89mg (4.46%), Iron: 0.58mg (3.25%), Vitamin B5: 0.27mg (2.66%), Manganese: 0.05mg (2.42%), Vitamin E: 0.33mg (2.21%), Copper: 0.04mg (1.93%), Vitamin K: 1.89µg (1.8%), Vitamin B2: 0.03mg

(1.59%), Calcium: 12.71mg (1.27%), Fiber: 0.29g (1.16%)