



WHATSheATE



# Pan-Seared Scallops with Southwestern Rice Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients



1 can black beans rinsed drained



1 can corn drained



1 teaspoon chili powder divided



3 cups brown rice cooked



2 tablespoons cilantro leaves fresh chopped



1 cup grape tomatoes halved



1 lime

- ☐ 2 teaspoons olive oil divided
- ☐ 0.5 teaspoon salt divided
- ☐ 0.5 cup spring onion chopped
- ☐ 1 pound scallops dry ( 16)

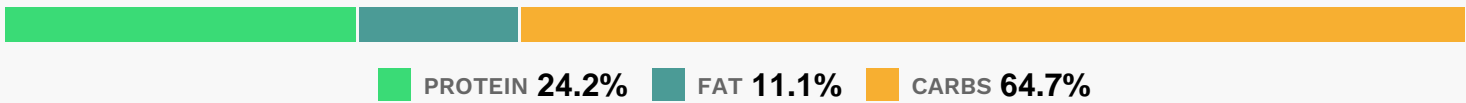
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

## Directions

- ☐ Squeeze juice from half the lime into a large bowl; add 1 teaspoon olive oil, 1/2 teaspoon chili powder and 1/4 teaspoon of salt; stir well with a whisk.
- ☐ Add beans, corn, tomatoes, scallions, and cilantro; toss gently to combine. Stir in cooked rice, and toss until thoroughly combined. Cover loosely and keep warm while preparing scallops.
- ☐ Combine remaining 1 teaspoon olive oil, 1/2 teaspoon chili powder, and 1/4 teaspoon salt in a large bowl. Pat scallops dry with a paper towel, and toss in the oil mixture until thoroughly coated. Squeeze 2 teaspoons juice from remaining lime half and set aside.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Place 1 scallop in center of pan. When scallop sizzles, arrange remaining scallops in pan, flat sides down (make sure they arent touching or they will steam, not sear properly). Cook 2 to 3 minutes on each side until lightly browned and opaque in the center.
- ☐ Drizzle scallops with lime juice, and toss gently to coat. Divide salad into 4 servings and top with 4 scallops each.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:46.55, Glycemic Load:17.56, Inflammation Score:-8, Nutrition Score:25.040435106858%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 422.81kcal (21.14%), Fat: 5.23g (8.05%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 68.62g (22.87%), Net Carbohydrates: 57.24g (20.81%), Sugar: 1.59g (1.77%), Cholesterol: 27.22mg (9.07%), Sodium: 1265.59mg (55.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.67g (51.34%), Manganese: 1.98mg (99.12%), Phosphorus: 651.55mg (65.16%), Fiber: 11.38g (45.54%), Magnesium: 142.21mg (35.55%), Folate: 123.28µg (30.82%), Vitamin K: 31.27µg (29.78%), Vitamin B12: 1.6µg (26.65%), Potassium: 903.13mg (25.8%), Selenium: 16.14µg (23.06%), Vitamin B1: 0.34mg (22.86%), Vitamin B3: 4.3mg (21.5%), Iron: 3.86mg (21.45%), Copper: 0.42mg (20.9%), Vitamin B6: 0.41mg (20.73%), Vitamin C: 16.38mg (19.86%), Zinc: 2.85mg (19.02%), Vitamin A: 612.69IU (12.25%), Vitamin B2: 0.2mg (11.62%), Vitamin B5: 1.1mg (10.97%), Calcium: 80.18mg (8.02%), Vitamin E: 0.79mg (5.27%)