



Panko Scallops with Green Chile Chutney

READY IN



1500 min.

SERVINGS



60

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups panko bread crumbs dry (Japanese bread crumbs)
- ☐ 2 large eggs
- ☐ 2 cups cilantro leaves fresh packed chopped
- ☐ 2 jalapeno with seeds chopped
- ☐ 2.5 tablespoons juice of lime fresh to taste
- ☐ 0.3 cup milk
- ☐ 0.5 cup spring onion chopped
- ☐ 3.5 pounds scallops
- ☐ 0.3 cup coconut sweetened flaked

- ☐ 1 cup vegetable oil
- ☐ 2 tablespoons water

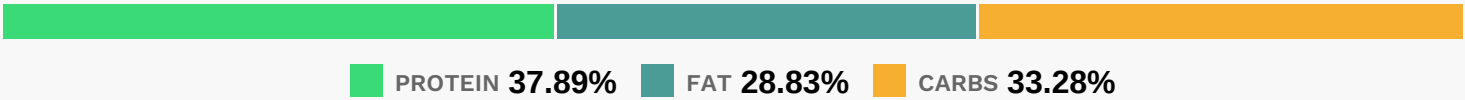
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan

Directions

- ☐ Purée chutney ingredients in a blender, stirring occasionally to assist blending, and transfer to a bowl. Season chutney with salt and pepper and chill, covered, until ready to use.
- ☐ Remove muscle from side of scallops if still attached. Pat scallops dry and season with salt and pepper.
- ☐ Whisk together eggs and milk in a shallow bowl. Put panko in another shallow bowl. Dip scallops, 1 at a time, in egg mixture and then in panko, turning to coat, and transfer to a tray.
- ☐ Preheat oven to 400°F.
- ☐ Heat 3 tablespoons oil in a 12-inch nonstick skillet over moderate heat until hot but not smoking, then cook scallops, 12 at a time, until just cooked through and golden brown (adjust heat if necessary), about 1 1/2 minutes on each side. Put scallops as cooked in 1 layer on a rack set in a shallow baking pan. Between batches, carefully wipe skillet clean with paper towels and add more oil.
- ☐ Bake scallops in middle of oven until just heated through, about 3 minutes.
- ☐ Serve scallops topped with chutney.
- ☐ • Chutney may be made 3 days ahead and chilled, covered. Before serving, season with salt and pepper. • Scallops may be coated with panko 4 hours ahead and chilled, covered. Panfry them 1 hour ahead and keep at room temperature.
- ☐ Bake right before serving.

Nutrition Facts



Properties

Glycemic Index:2.23, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.4004347998163%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 41.82kcal (2.09%), Fat: 1.31g (2.02%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 3.19g (1.16%), Sugar: 0.43g (0.47%), Cholesterol: 12.67mg (4.22%), Sodium: 129.87mg (5.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Phosphorus: 98.78mg (9.88%), Selenium: 4.74µg (6.78%), Vitamin B12: 0.4µg (6.73%), Vitamin K: 5.01µg (4.77%), Folate: 9.29µg (2.32%), Vitamin B1: 0.03mg (2.22%), Zinc: 0.32mg (2.13%), Potassium: 72.19mg (2.06%), Vitamin B3: 0.41mg (2.03%), Manganese: 0.04mg (2.01%), Magnesium: 8.04mg (2.01%), Iron: 0.3mg (1.69%), Vitamin B2: 0.03mg (1.59%), Vitamin B6: 0.03mg (1.5%), Vitamin C: 1.04mg (1.26%), Vitamin A: 61.08IU (1.22%), Vitamin B5: 0.11mg (1.09%), Calcium: 10.42mg (1.04%)