



Quick Scallops with Peppers and Corn

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 garlic clove minced peeled
- ☐ 3 ears corn husked ()
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 2 bell pepper red stemmed rinsed seeded finely chopped

- ☐ 6 servings salt and pepper
- ☐ 1.3 pounds scallops

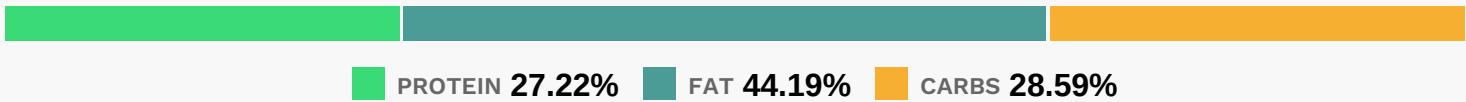
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Holding each ear of corn upright in a deep bowl, cut kernels from cobs. Rinse scallops and pat dry; sprinkle lightly all over with salt and pepper.
- ☐ Melt 1 tablespoon butter with 1 tablespoon olive oil in each of two 10- to 12-inch nonstick frying pans over high heat.
- ☐ Add corn, bell peppers, garlic, and cumin to one pan; add scallops to the other. Cook, stirring both pans often, until vegetables are crisp-tender, about 3 minutes, and scallops are browned on the outside and barely opaque in the center (cut to test), about 5 minutes.
- ☐ Just before serving, stir basil into the vegetable mixture and cilantro into the scallops.
- ☐ Add salt and pepper to taste to both. Mound vegetables in a wide, shallow bowl; top with scallops (and any pan juices).

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:13.302173842555%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 190.5kcal (9.52%), Fat: 9.68g (14.88%), Saturated Fat: 3.34g (20.85%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 12.29g (4.47%), Sugar: 4.5g (5%), Cholesterol: 32.71mg (10.9%), Sodium: 603.35mg (26.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.82%), Vitamin C: 54.48mg (66.03%), Phosphorus:

369.46mg (36.95%), Vitamin A: 1576.99IU (31.54%), Vitamin B12: 1.34µg (22.34%), Selenium: 12.54µg (17.91%), Folate: 53.89µg (13.47%), Vitamin K: 13.52µg (12.87%), Vitamin B6: 0.24mg (11.82%), Potassium: 412.18mg (11.78%), Magnesium: 43.81mg (10.95%), Vitamin E: 1.47mg (9.83%), Vitamin B3: 1.88mg (9.4%), Manganese: 0.16mg (8.23%), Zinc: 1.2mg (7.97%), Fiber: 1.8g (7.19%), Vitamin B1: 0.1mg (6.71%), Vitamin B5: 0.67mg (6.68%), Iron: 0.91mg (5.08%), Vitamin B2: 0.08mg (4.56%), Copper: 0.06mg (3.11%), Calcium: 15.27mg (1.53%)