



Red Chile Crusted Sea Scallops with Mango Tortilla Salad and Citrus Vinaigrette

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



533 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup ancho chile powder
- ☐ 2 basil leaves
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 3 corn tortillas blue very thin cut into strips
- ☐ 3 cups greens assorted
- ☐ 2 tablespoons ground cumin toasted

- ☐ 4 servings kosher salt
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 large mangos diced pitted ripe peeled
- ☐ 0.3 cup olive oil
- ☐ 1.3 cups olive oil pure
- ☐ 0.3 cup orange juice fresh
- ☐ 1 cup vegetable oil; peanut oil preferred
- ☐ 1 bell pepper diced red finely
- ☐ 2 tablespoons onion red finely chopped
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper freshly ground
- ☐ 12 sea scallops dry rinsed
- ☐ 4 servings citrus vinaigrette
- ☐ 1 bell pepper diced yellow finely

Equipment

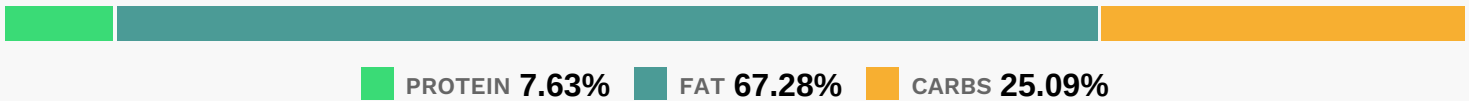
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender

Directions

- ☐ Combine ancho, cumin, salt and pepper in a medium shallow bowl.
- ☐ Heat oil in a large saute pan until smoking. Dredge 1 side of each scallop in the spice mixture.
- ☐ Place the scallops in the heated pan, chile side down and cook for 20 seconds. Reduce the heat low, turn the scallops and cook for 2 to 3 minutes more.
- ☐ Remove from pan and reserve.

- ☐ Heat oil to 375 degrees F. Fry the tortilla strips in batches, remove to a plate lined with paper towels and season with salt.
- ☐ Place greens in a large bowl, drizzle with a few tablespoons of the vinaigrette and season with salt and pepper, to taste.
- ☐ Place the greens on a large platter. Arrange the scallops around the platter. Mound the fried tortillas in the center of the plate and garnish with the red and yellow peppers and cilantro.
- ☐ Drizzle everything with more of the vinaigrette and serve.
- ☐ Combine juices, basil and onion in a blender and blend until smooth. With the motor running, slowly add the olive oil until emulsified and season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:96.06, Glycemic Load:8.87, Inflammation Score:-10, Nutrition Score:29.762173880701%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 5.42mg, Hesperetin: 5.42mg, Hesperetin: 5.42mg, Hesperetin: 5.42mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 533.36kcal (26.67%), Fat: 42.41g (65.25%), Saturated Fat: 6.31g (39.41%), Carbohydrates: 35.58g (11.86%), Net Carbohydrates: 26.55g (9.65%), Sugar: 12.14g (13.49%), Cholesterol: 10.8mg (3.6%), Sodium: 1409.95mg (61.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.65%), Vitamin C: 132.96mg (161.16%), Vitamin A: 6451.31IU (129.03%), Vitamin E: 12.52mg (83.46%), Vitamin K: 57.97µg (55.2%), Fiber: 9.03g (36.12%), Manganese: 0.66mg (32.87%), Iron: 5.83mg (32.38%), Vitamin B6: 0.64mg (31.78%), Phosphorus: 309.58mg (30.96%), Potassium: 823.33mg (23.52%), Magnesium: 81.92mg (20.48%), Folate: 81.84µg (20.46%), Vitamin B3: 3.53mg (17.66%), Copper: 0.35mg (17.29%), Selenium: 10.72µg (15.31%), Vitamin B2: 0.25mg (14.51%), Calcium: 140.27mg (14.03%), Zinc: 1.74mg (11.59%), Vitamin B12: 0.63µg (10.58%), Vitamin B1: 0.15mg (9.85%), Vitamin B5: 0.65mg (6.48%)