



Scallop-and-Avocado Tostadas



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



8

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocado ripe halved
- ☐ 1 pinch ground pepper generous
- ☐ 0.3 cup cilantro leaves fresh whole loosely packed
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 teaspoon lime zest
- ☐ 0.1 teaspoon paprika
- ☐ 1 cup the of 1 cos lettuce thinly sliced

- ☐ 0.5 teaspoon salt divided
- ☐ 12 large scallops cut in half crosswise
- ☐ 24 large tortilla chips
- ☐ 1 tablespoon vegetable oil

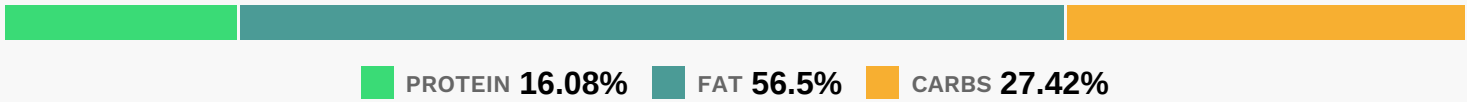
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine cilantro and greens in a medium bowl. Cover and chill until ready to serve.
- ☐ Mash avocados in a medium bowl, and stir in lime zest, lime juice, and 1/4 teaspoon salt. Cover and chill until ready to serve.
- ☐ Combine cumin, paprika, cayenne pepper, and remaining 1/4 teaspoon salt in a small bowl.
- ☐ Sprinkle scallops on both sides with seasoning mixture.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add scallops, and cook about 1 minute on each side or until scallops are opaque.
- ☐ Transfer to a large plate.
- ☐ Spread reserved avocado mixture evenly on tortilla chips; top with cilantro mixture. Top each with a scallop half.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.37, Inflammation Score:-6, Nutrition Score:8.5969565329344%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 170.92kcal (8.55%), Fat: 11.21g (17.25%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 8.23g (2.99%), Sugar: 0.51g (0.57%), Cholesterol: 10.8mg (3.6%), Sodium: 355.65mg (15.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.36%), Vitamin K: 23.18µg (22.08%), Phosphorus: 199.4mg (19.94%), Fiber: 4.02g (16.08%), Folate: 57.51µg (14.38%), Vitamin A: 642.79IU (12.86%), Potassium: 373.83mg (10.68%), Vitamin B12: 0.63µg (10.58%), Vitamin E: 1.54mg (10.24%), Vitamin B6: 0.19mg (9.26%), Vitamin B5: 0.92mg (9.16%), Selenium: 6.39µg (9.13%), Magnesium: 33.45mg (8.36%), Vitamin C: 5.99mg (7.26%), Vitamin B3: 1.3mg (6.5%), Copper: 0.12mg (6%), Zinc: 0.88mg (5.85%), Vitamin B2: 0.08mg (4.95%), Manganese: 0.09mg (4.69%), Iron: 0.7mg (3.9%), Vitamin B1: 0.05mg (3.67%), Calcium: 21.59mg (2.16%)