



Scallop Burger Sliders with a Cilantro-Lime Mayo

READY IN



90 min.

SERVINGS



6

CALORIES



741 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons bread crumbs
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon dijon mustard
- ☐ 12 small dinner rolls mini soft
- ☐ 1 eggs beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup chives fresh finely chopped

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 cup cilantro leaves fresh
- ☐ 1 tablespoon ginger fresh grated
- ☐ 1 garlic clove peeled
- ☐ 0.5 teaspoon hot sauce recommended: Tabasco
- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 tablespoons juice of lime fresh
- ☐ 1 cup mayonnaise
- ☐ 2 teaspoons salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 pounds sea scallops fresh
- ☐ 2 tablespoons vegetable oil
- ☐ 1 medium vidalia onion diced finely

Equipment

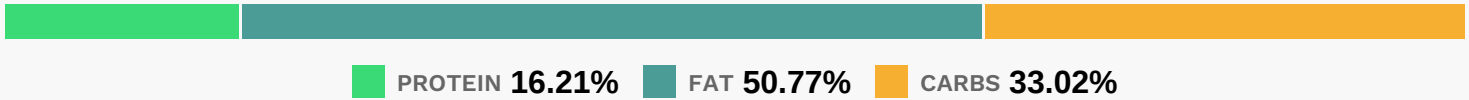
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ In a small skillet saute onion in butter over medium heat until translucent. Cool.
- ☐ Place scallops in food processor and pulse until coarsely chopped or chop by hand.
- ☐ Transfer to large bowl and add remaining ingredients, except vegetable oil.
- ☐ Add in the cooled onions.*
- ☐ Shape the mixture into small burgers, approximately 2 inches in diameter.
- ☐ Place on a waxed paper lined sheet tray, cover with plastic wrap and chill for at least 1 hour.
- ☐ Heat 2 tablespoons vegetable oil in a skillet over medium heat.
- ☐ Add scallop sliders and cook until browned and cooked through.

- ☐ Place on small soft dinner rolls and top with a bit of Cilantro–Lime Mayo.
- ☐ Serve warm or at room temperature.
- ☐ Blend all ingredients in food processor except mayonnaise and salt and pepper. Process until cilantro is fine.
- ☐ Add mayonnaise and process just until blended. Season with salt and pepper, to taste

Nutrition Facts



Properties

Glycemic Index:81.17, Glycemic Load:28.08, Inflammation Score:-8, Nutrition Score:26.150000095367%

Flavonoids

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 10.36mg, Quercetin: 10.36mg, Quercetin: 10.36mg, Quercetin: 10.36mg

Nutrients (% of daily need)

Calories: 741.15kcal (37.06%), Fat: 41.49g (63.84%), Saturated Fat: 8.69g (54.29%), Carbohydrates: 60.73g (20.24%), Net Carbohydrates: 57.97g (21.08%), Sugar: 9.94g (11.05%), Cholesterol: 89.28mg (29.76%), Sodium: 2131.73mg (92.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.82g (59.64%), Vitamin K: 94.22µg (89.73%), Selenium: 49.17µg (70.24%), Phosphorus: 650.66mg (65.07%), Vitamin B12: 2.44µg (40.66%), Vitamin B1: 0.6mg (39.77%), Folate: 142.88µg (35.72%), Manganese: 0.7mg (35.09%), Vitamin B3: 5.4mg (26.98%), Iron: 4.49mg (24.94%), Vitamin B2: 0.38mg (22.61%), Calcium: 172.67mg (17.27%), Magnesium: 67.29mg (16.82%), Potassium: 570.65mg (16.3%), Zinc: 2.4mg (15.99%), Vitamin E: 2.17mg (14.49%), Vitamin B6: 0.28mg (14.24%), Vitamin C: 11mg (13.33%), Vitamin A: 610.34IU (12.21%), Fiber: 2.75g (11.02%), Copper: 0.22mg (10.83%), Vitamin B5: 0.67mg (6.66%), Vitamin D: 0.22µg (1.48%)