



Scallop Cakes with Cilantro-Lime Mayonnaise and New Potatoes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 4 servings chives fresh whole
- ☐ 4 servings cilantro sprigs fresh
- ☐ 1 large eggs beaten to blend
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.8 teaspoon ground pepper black
- ☐ 4 servings cilantro-lime mayonnaise

- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime zest grated
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 4 servings buttered new potatoes with chives
- ☐ 2 teaspoons salt
- ☐ 2 pounds sea scallops

Equipment

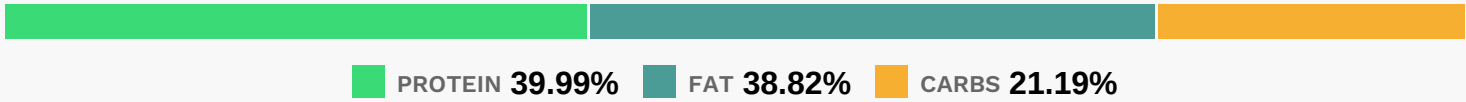
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat olive oil in medium nonstick skillet over medium heat.
- ☐ Add onion and sauté until tender, about 8 minutes. Cool.
- ☐ Place scallops in processor. Using on/off turns, coarsely chop scallops.
- ☐ Transfer scallops to large bowl. Stir in onion, chopped chives, parsley, flour, ginger, lime juice, egg, salt, lime peel, and pepper. Form scallop mixture into eight 1/2-inch-thick patties, each about 3 to 3 1/2 inches in diameter.
- ☐ Place scallop cakes on baking sheet. Cover and chill 1 hour. (Can be prepared 6 hours ahead. Keep chilled.)
- ☐ Preheat oven to 450°F.
- ☐ Heat peanut oil in large nonstick skillet over medium-high heat. Working in batches, add scallop cakes to skillet and cook until browned, about 2 minutes per side.
- ☐ Transfer cakes to baking sheet.
- ☐ Place in oven and bake until cooked through, about 7 minutes.
- ☐ Place 2 scallop cakes on each of 4 plates. Top with Cilantro-Lime Mayonnaise.

- ☐
- Place Buttered New Potatoes with Chives alongside.
- ☐
- Garnish scallop cakes with whole chives and cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:101.44, Glycemic Load:3.32, Inflammation Score:-6, Nutrition Score:17.002173967983%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 3.56mg, Hesperetin: 3.56mg, Hesperetin: 3.56mg, Hesperetin: 3.56mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg

Nutrients (% of daily need)

Calories: 304.18kcal (15.21%), Fat: 12.94g (19.91%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 14.65g (5.33%), Sugar: 2.02g (2.24%), Cholesterol: 100.93mg (33.64%), Sodium: 2073.06mg (90.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.01g (60.01%), Phosphorus: 803.32mg (80.33%), Vitamin B12: 3.31µg (55.15%), Selenium: 34.42µg (49.17%), Vitamin K: 38.31µg (36.48%), Potassium: 587.92mg (16.8%), Zinc: 2.38mg (15.83%), Folate: 62.17µg (15.54%), Magnesium: 60.07mg (15.02%), Vitamin B6: 0.25mg (12.56%), Vitamin E: 1.8mg (11.98%), Vitamin C: 9.82mg (11.9%), Vitamin B3: 1.95mg (9.77%), Manganese: 0.18mg (9.21%), Iron: 1.62mg (8.97%), Vitamin B5: 0.79mg (7.89%), Vitamin B2: 0.13mg (7.49%), Vitamin A: 301.56IU (6.03%), Copper: 0.1mg (5.19%), Vitamin B1: 0.08mg (5.07%), Fiber: 1.25g (5.01%), Calcium: 39.93mg (3.99%), Vitamin D: 0.25µg (1.67%)