

Scallops Margarita



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



369 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup carrots diced
- ☐ 4 cups cauliflower florets
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.8 cup corn kernels fresh ()
- ☐ 0.8 cup green beans sliced ()
- ☐ 1.5 cups juice of lime fresh
- ☐ 0.8 pound poblano chiles
- ☐ 0.3 cup onion red separated thinly sliced

- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds sea scallops
- ☐ 6 tablespoons tequila
- ☐ 6 tablespoons triple sec orange-flavored
- ☐ 2 medium zucchini halved lengthwise

Equipment

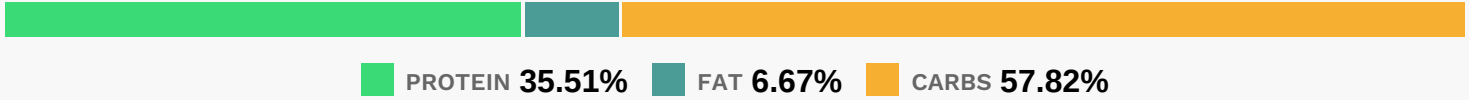
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ blender
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ dutch oven
- ☐ broiler pan

Directions

- ☐ Combine first 4 ingredients in a large bowl, and stir well.
- ☐ Remove 1/2 cup lime juice mixture from bowl, and place in a blender; set remaining lime juice mixture aside.
- ☐ Add cilantro leaves to blender, and process until smooth; set the cilantro mixture aside.
- ☐ Cut chiles in half lengthwise; discard seeds and membranes. Flatten chile halves with hand; set aside.
- ☐ Place zucchini halves, skin sides up, on a foil-lined baking sheet; broil 4 minutes. Turn zucchini over, and add chiles to pan, placing chiles skin sides up. Broil an additional 6 minutes or until chiles are blackened. Set zucchini aside.
- ☐ Place chiles in a heavy-duty zip-top plastic bag, and seal; let stand 15 minutes. Peel chiles.
- ☐ Cut chiles and zucchini into 1/2-inch pieces; set aside.
- ☐ Drop cauliflower into a large Dutch oven of boiling water; cook 3 minutes.

- ☐
- Add carrot, corn, and green beans; cook an additional 5 minutes or until crisp-tender.
- ☐
- Drain well.
- ☐
- Add cauliflower mixture, chile pieces, zucchini pieces, and onion rings to lime juice mixture in bowl; toss well.
- ☐
- Place scallops on broiler pan coated with cooking spray; sprinkle 1/4 teaspoon salt over scallops. Broil 4 minutes on each side or until done.
- ☐
- Spoon vegetables onto individual plates, and top with scallops.
- ☐
- Drizzle cilantro mixture over scallops.
- ☐
- Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:55.96, Glycemic Load:3.21, Inflammation Score:-10, Nutrition Score:31.519565540811%

Flavonoids

Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg Hesperetin: 8.14mg, Hesperetin: 8.14mg, Hesperetin: 8.14mg, Hesperetin: 8.14mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 4.16mg, Luteolin: 4.16mg, Luteolin: 4.16mg, Luteolin: 4.16mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

Nutrients (% of daily need)

Calories: 368.53kcal (18.43%), Fat: 2.21g (3.4%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 43.14g (14.38%), Net Carbohydrates: 36.09g (13.12%), Sugar: 19.65g (21.83%), Cholesterol: 40.82mg (13.61%), Sodium: 1175.58mg (51.11%), Alcohol: 13.36g (100%), Alcohol %: 2.47% (100%), Caffeine: 5.85mg (1.95%), Protein: 26.49g (52.99%), Vitamin C: 168.95mg (204.78%), Vitamin A: 6190.47IU (123.81%), Phosphorus: 729.07mg (72.91%), Vitamin K: 43.91µg (41.82%), Vitamin B6: 0.81mg (40.48%), Potassium: 1411.52mg (40.33%), Vitamin B12: 2.4µg (39.97%), Folate: 152.98µg (38.25%), Selenium: 23.13µg (33.04%), Manganese: 0.64mg (32.2%), Fiber: 7.05g (28.2%), Magnesium: 107.25mg (26.81%), Vitamin B3: 3.69mg (18.47%), Vitamin B5: 1.78mg (17.81%), Vitamin B1: 0.27mg (17.77%), Zinc: 2.61mg (17.41%), Vitamin B2: 0.28mg (16.43%), Copper: 0.28mg (13.81%), Iron: 2.33mg (12.93%), Calcium: 92.29mg (9.23%), Vitamin E: 1.06mg (7.08%)