



 71%
HEALTH SCORE

Scallops with Habanero Coconut Sauce and Habanero Mango Salsa

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



1882 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado sliced
- 1 cup kidney beans drained and rinsed canned
- 4 cups canola oil
- 0.3 cup chicken stock see
- 1 cup coconut milk
- 2 flour tortilla
- 1 bunch parsley fresh chopped

- 2 cloves garlic chopped
- 2 servings ground cumin to taste
- 2 juice of lime juiced
- 2 servings pepper black freshly ground to taste
- 2 servings kosher salt to taste
- 2 servings juice of lime to taste
- 1 mangos diced pitted ripe peeled
- 2 tablespoons olive oil
- 3 tablespoons olive oil
- 1 small onion spanish sliced
- 2 pasilla peppers diced seeded
- 4 pasilla peppers seeded sliced
- 4 large scallops cleaned

Equipment

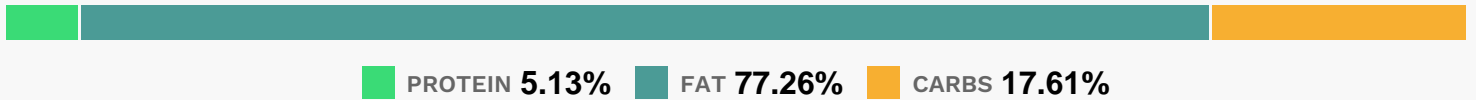
- food processor
- bowl
- frying pan
- paper towels
- blender

Directions

- In a saute pan over medium heat, heat 3 tablespoons olive oil and cook the habenero peppers and onion until the onion is browned. Season the mixture with salt and pepper.
- Pour the mixture into a blender or food processor, add the coconut milk and chicken stock and blend until smooth.
- Add salt if needed.
- Combine the mango, beans, habanero peppers, garlic, parsley, and lime juice. Stir to combine. Season with salt, and pepper, to taste.

- Garnish the salsa with avocado slices.
- In a deep, heavy-bottomed saute pan with high sides, heat the oil to 350 degrees F.
- Cut the tortillas into 6 diamond shaped pieces. Working in batches and careful not to overcrowd the pan, fry the tortillas in the oil until golden brown.
- Drain the tortillas on paper towels and transfer to a large bowl. Toss the tortillas with salt, cumin, and lime juice.
- Heat a saute pan over medium-high heat and add in 2 tablespoons olive oil. Season the scallops with salt and pepper. Sear scallops for 2 minutes per side until golden brown.
- For serving, place 2 scallops in each plate.
- Drizzle sauce over top of them and serve with a side of salsa and a few tortilla chips.

Nutrition Facts



Properties

Glycemic Index:210.38, Glycemic Load:22.42, Inflammation Score:-10, Nutrition Score:54.751739253169%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 61.45mg, Apigenin: 61.45mg, Apigenin: 61.45mg, Apigenin: 61.45mg Luteolin: 17.19mg, Luteolin: 17.19mg, Luteolin: 17.19mg, Luteolin: 17.19mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 4.35mg, Myricetin: 4.35mg, Myricetin: 4.35mg, Myricetin: 4.35mg Quercetin: 15.43mg, Quercetin: 15.43mg, Quercetin: 15.43mg, Quercetin: 15.43mg

Nutrients (% of daily need)

Calories: 1881.79kcal (94.09%), Fat: 168.39g (259.06%), Saturated Fat: 36.43g (227.7%), Carbohydrates: 86.37g (28.79%), Net Carbohydrates: 64.21g (23.35%), Sugar: 29.43g (32.7%), Cholesterol: 15.3mg (5.1%), Sodium: 974.19mg (42.36%), Alcohol: 0g (100%), Protein: 25.15g (50.29%), Vitamin K: 610.84µg (581.75%), Vitamin C: 396.16mg (480.19%), Vitamin E: 25.47mg (169.79%), Manganese: 2.13mg (106.28%), Vitamin A: 5035.26IU (100.71%),

Fiber: 22.17g (88.67%), Vitamin B6: 1.5mg (74.78%), Folate: 295.92µg (73.98%), Phosphorus: 655.56mg (65.56%), Potassium: 2267.57mg (64.79%), Iron: 10.96mg (60.91%), Copper: 1.08mg (53.81%), Magnesium: 201.86mg (50.47%), Vitamin B1: 0.65mg (43.47%), Vitamin B3: 8.1mg (40.5%), Vitamin B2: 0.5mg (29.5%), Vitamin B5: 2.67mg (26.7%), Selenium: 17.77µg (25.39%), Zinc: 3.63mg (24.17%), Calcium: 224.88mg (22.49%), Vitamin B12: 0.85µg (14.1%)