



Scallops with Mango and Avocado

 Dairy Free

READY IN



41 min.

SERVINGS



10

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 avocado diced
- 2 cups canola oil divided
- 2 tablespoons coconut milk
- 0.5 teaspoon hot sauce (recommended: Sriracha)
- 0.5 juice of lime juiced
- 0.5 mangos diced
- 10 servings pepper black as needed
- 10 servings salt as needed

- 0.5 pound scallops dry (U20)
- 10 wonton wrappers
- 10 wonton wrappers

Equipment

- bowl
- frying pan
- paper towels
- whisk
- pot

Directions

- Watch how to make this recipe.
- In a medium pot, bring 2 cups canola oil to 350 degrees F.
- Using a 2 1/2-inch biscuit cutter, cut out the center of each wonton wrapper. Fry the wontons in small batches until they are brown and crispy, about 2 minutes.
- Drain on a plate lined with a paper towel and season each with a bit of salt.
- Heat the remaining 3 tablespoons canola oil in a large heavy-bottomed skillet over high heat. Pat the scallops dry with a paper towel and season both sides with salt and pepper, to taste. Sear the scallops in the skillet for 3 minutes per side.
- In a medium bowl, combine the diced mango and avocado. In another smaller bowl, whisk together the coconut milk, hot sauce, and lime juice, and adjust the seasoning with salt and black pepper, to taste.
- Pour half of the coconut milk mixture over the mango and avocado and gently toss to coat.
- To assemble, put 1 tablespoon of the mango and avocado mixture onto a fried wonton. Top with a seared scallop and finish with a drizzle of the coconut sauce. Repeat with the remaining ingredients and transfer to a serving platter.

Nutrition Facts



PROTEIN 10.77% FAT 60.74% CARBS 28.49%

Properties

Glycemic Index:22.08, Glycemic Load:0.89, Inflammation Score:-3, Nutrition Score:5.0678260948347%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 167.35kcal (8.37%), Fat: 11.46g (17.63%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 10.95g (3.98%), Sugar: 1.51g (1.68%), Cholesterol: 6.79mg (2.26%), Sodium: 375.03mg (16.31%), Alcohol: 0g (100%), Protein: 4.57g (9.14%), Vitamin E: 1.87mg (12.49%), Selenium: 7.24µg (10.35%), Phosphorus: 97.84mg (9.78%), Vitamin K: 9.11µg (8.68%), Manganese: 0.16mg (7.85%), Folate: 29.72µg (7.43%), Vitamin C: 5.4mg (6.55%), Vitamin B3: 1.24mg (6.2%), Vitamin B1: 0.09mg (6.02%), Vitamin B12: 0.32µg (5.38%), Vitamin B2: 0.08mg (4.57%), Fiber: 1.14g (4.56%), Iron: 0.77mg (4.3%), Potassium: 134.94mg (3.86%), Magnesium: 13.63mg (3.41%), Copper: 0.07mg (3.32%), Vitamin B6: 0.06mg (3.06%), Zinc: 0.41mg (2.71%), Vitamin A: 131.06IU (2.62%), Vitamin B5: 0.22mg (2.21%), Calcium: 12.08mg (1.21%)