



## Scallops with Mango Salsa on Fresh Spinach

 **Gluten Free**  **Very Healthy**

READY IN



**30 min.**

SERVINGS



**2**

CALORIES



**283 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounce baby spinach leaves
- 2 teaspoons butter
- 2 cloves garlic minced
- 1 pinch salt and ground pepper black to taste
- 0.5 teaspoon jalapeño chile fresh minced
- 1 dash juice of lime fresh
- 0.3 mangos pitted peeled chopped
- 1 teaspoon olive oil

- 0.3 bell pepper red minced
- 1 pound sea scallops
- 1 small shallots minced
- 0.5 cube vegetable bouillon
- 0.3 cup water

## Equipment

- bowl
- frying pan

## Directions

- Mix the mango, red bell pepper, shallot, jalapeno chile, and lime juice together in a small bowl; season with salt and pepper and set aside.
- Heat the olive oil and butter together in a skillet over high heat. Once the butter melts, add the scallops and cook until opaque and browned on the sides, 2 to 3 minutes per side.
- Combine the water, vegetable bouillon, and garlic in a large skillet over medium-high heat; bring the mixture to a boil.
- Add the spinach to the mixture by the handful; cooking until each batch is wilted completely.
- Remove from heat, squeeze excess moisture from the spinach, and place equal portions into the center of 2 plates.
- Place half the scallops atop each pile of spinach. Spoon the mango salsa over the scallops.

## Nutrition Facts



**PROTEIN 45.63%** **FAT 24.8%** **CARBS 29.57%**

## Properties

Glycemic Index:167.38, Glycemic Load:3.57, Inflammation Score:-10, Nutrition Score:42.863478245942%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol:

0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Kaempferol: 10.88mg, Kaempferol: 10.88mg, Kaempferol: 10.88mg, Kaempferol: 10.88mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

## Nutrients (% of daily need)

Calories: 282.82kcal (14.14%), Fat: 8.01g (12.32%), Saturated Fat: 3.28g (20.52%), Carbohydrates: 21.48g (7.16%), Net Carbohydrates: 16.5g (6%), Sugar: 5.98g (6.64%), Cholesterol: 65.18mg (21.73%), Sodium: 1061.02mg (46.13%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 33.14g (66.29%), Vitamin K: 825.41µg (786.11%), Vitamin A: 16843.14IU (336.86%), Folate: 389.21µg (97.3%), Vitamin C: 80.05mg (97.03%), Phosphorus: 862.21mg (86.22%), Manganese: 1.69mg (84.59%), Vitamin B12: 3.21µg (53.44%), Magnesium: 192.79mg (48.2%), Selenium: 31.54µg (45.05%), Potassium: 1549.16mg (44.26%), Vitamin B6: 0.66mg (32.88%), Iron: 5.8mg (32.22%), Vitamin E: 4.38mg (29.2%), Vitamin B2: 0.39mg (22.74%), Zinc: 3.12mg (20.81%), Fiber: 4.98g (19.94%), Calcium: 198.6mg (19.86%), Copper: 0.33mg (16.54%), Vitamin B3: 3.21mg (16.06%), Vitamin B1: 0.18mg (11.9%), Vitamin B5: 0.76mg (7.62%)