



Scallops with Mint Chutney

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



6

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bunches mint leaves fresh roughly chopped
- 6 servings kosher salt and freshly cracked pepper black
- 0.3 cup juice of lime freshly squeezed
- 1 pound sea scallops cleaned
- 2 serrano chiles stemmed seeded
- 0.3 cup coconut or shredded sweetened

Equipment

- bowl

frying pan

blender

Directions

- Puree the mint, chiles, coconut, 1/4 tablespoon water and lime juice in a blender until smooth.
- Transfer to a bowl and season with salt and pepper. Chill until ready to use.
- Pat the scallops dry and sprinkle with salt and pepper.
- Heat a 12-inch cast-iron skillet over medium heat until hot. Cook the scallops until a golden brown crust forms, are just cooked through and release easily from the pan, 2 to 3 minutes on each side.
- Serve the scallops topped with chutney.
- What Make This Recipe Really Sing: The heat of the chiles and the sweetness of the coconut and scallops give this dish great balance. When in season, try to find bay scallops, you will be surprised how sweet they are.
- BYOC: You don't like mint? Try adding cilantro or your favorite herb. This chutney is also a wonderful accompaniment to lamb chops.

Nutrition Facts

 PROTEIN 50.23%  FAT 20.9%  CARBS 28.87%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.7991304138432%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 75.04kcal (3.75%), Fat: 1.73g (2.66%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 4.98g (1.81%), Sugar: 1.87g (2.07%), Cholesterol: 18.14mg (6.05%), Sodium: 500.78mg (21.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.7%), Phosphorus: 259.7mg (25.97%), Vitamin B12:

1.07µg (17.77%), Selenium: 10.32µg (14.74%), Manganese: 0.13mg (6.37%), Potassium: 193.14mg (5.52%), Vitamin C: 4.37mg (5.3%), Zinc: 0.78mg (5.23%), Magnesium: 20.83mg (5.21%), Vitamin B6: 0.08mg (4.05%), Folate: 15.38µg (3.85%), Vitamin B3: 0.62mg (3.09%), Iron: 0.45mg (2.53%), Vitamin B5: 0.21mg (2.11%), Copper: 0.04mg (1.95%), Vitamin A: 82.69IU (1.65%), Fiber: 0.39g (1.56%), Vitamin B2: 0.02mg (1.1%), Calcium: 10.09mg (1.01%)