



Scallops with Orange, Avocado, and Jicama

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 firm-ripe avocado diced
- 3 tablespoons butter
- 4 dill sprigs
- 1 tablespoon optional: dill fresh chopped
- 0.5 cup jicama diced finely
- 1 tablespoon juice of lemon
- 2 tablespoons olive oil
- 1 cranberry-orange relish such as cara cara*, blood, or navel

- 2 radishes halved thinly sliced
- 4 servings salt and pepper
- 1 lb dry-packed sea scallops
- 1 small shallots finely chopped
- 8 small yukon gold potatoes thinly sliced

Equipment

- bowl
- frying pan
- knife

Directions

- In a large nonstick frying pan, spread potatoes evenly.
- Add butter and 3/4 cup water. Cook over medium-high heat, partially covered, until water evaporates and potatoes are soft, 8 to 10 minutes. Uncover, reduce heat to medium, and cook, stirring occasionally, until potatoes just begin to turn golden on the edge, about 5 minutes. Season lightly with salt and pepper and keep warm over low heat.
- Meanwhile, with a small, sharp knife, cut ends off orange and set on a cut side. Following the fruit's curve, slice off peel and white pith.
- Cut orange between inner membranes to release segments; discard membranes. Finely dice segments and put in a medium bowl. Stir in jicama, shallot, radishes, avocado, dill, and lemon juice. Season to taste with salt and pepper.
- Heat a large, heavy frying pan (not nonstick) over high heat. Season scallops with salt and pepper. Swirl in oil and heat until just beginning to smoke. Sear scallops until browned, about 1 minute. Turn and sear until just cooked through, about 30 seconds more.
- Divide potatoes among 4 wide, shallow bowls. Arrange 3 scallops in each bowl and spoon on some jicama and orange mixture. Top bowls with bits of dill.
- *Any orange works in this dish, but the Cara Cara holds its shape especially well when diced.

Nutrition Facts



■ PROTEIN 15.67% ■ FAT 32.62% ■ CARBS 51.71%

Properties

Glycemic Index:80.81, Glycemic Load:45.35, Inflammation Score:-8, Nutrition Score:27.705217402914%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 9.47mg, Hesperetin: 9.47mg, Hesperetin: 9.47mg, Hesperetin: 9.47mg Naringenin: 5.07mg, Naringenin: 5.07mg, Naringenin: 5.07mg, Naringenin: 5.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 545.1kcal (27.25%), Fat: 20.15g (31.01%), Saturated Fat: 7.14g (44.65%), Carbohydrates: 71.91g (23.97%), Net Carbohydrates: 60.89g (22.14%), Sugar: 6.8g (7.56%), Cholesterol: 49.79mg (16.6%), Sodium: 731.01mg (31.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.78g (43.56%), Vitamin C: 93.38mg (113.19%), Vitamin B6: 1.2mg (60.19%), Phosphorus: 600.82mg (60.08%), Potassium: 1909.52mg (54.56%), Fiber: 11.01g (44.05%), Manganese: 0.63mg (31.38%), Magnesium: 118.22mg (29.55%), Folate: 110.01µg (27.5%), Vitamin B12: 1.62µg (26.95%), Vitamin B3: 4.99mg (24.93%), Copper: 0.47mg (23.62%), Selenium: 16.11µg (23.01%), Vitamin B1: 0.33mg (22.3%), Iron: 3.55mg (19.73%), Vitamin B5: 1.75mg (17.45%), Vitamin K: 16.81µg (16.01%), Zinc: 2.28mg (15.2%), Vitamin E: 1.95mg (12.98%), Vitamin B2: 0.19mg (10.92%), Vitamin A: 471.89IU (9.44%), Calcium: 73.7mg (7.37%)