



Seared Curried Scallops with Zucchini



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 1 garlic clove minced
- ☐ 1 sprigs lime wedges fresh
- ☐ 1 lb scallops
- ☐ 1.5 tablespoons vegetable oil
- ☐ 2 medium zucchini halved lengthwise ()

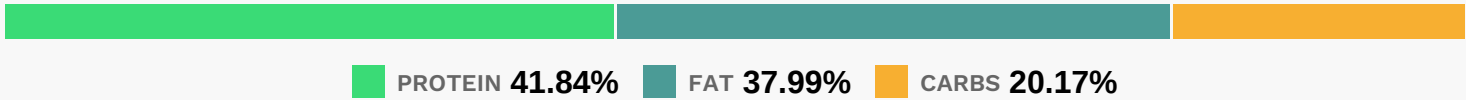
Equipment

- ☐ frying pan

Directions

- ☐ Remove tough muscle from side of each scallop if necessary. Pat scallops dry and sprinkle with curry powder and salt and pepper to taste.
- ☐ Heat 1/2 tablespoon oil in a large nonstick skillet over moderately high heat until hot but not smoking, then sear scallops in 2 batches, adding another 1/2 tablespoon oil if necessary, until golden, 1 to 2 minutes on each side.
- ☐ Transfer scallops to a plate.
- ☐ Add remaining tablespoon oil to skillet, then cook ginger and garlic over moderate heat, stirring, until fragrant, about 30 seconds.
- ☐ Add zucchini and salt and pepper to taste, then cook, stirring frequently, until crisp-tender, 4 to 5 minutes.
- ☐ Return scallops to skillet with any juices accumulated on plate and toss with zucchini just until heated through, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:20.913913249969%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 285.61kcal (14.28%), Fat: 12.09g (18.59%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 12.1g (4.4%), Sugar: 4.95g (5.5%), Cholesterol: 54.43mg (18.14%), Sodium: 905.51mg (39.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.95g (59.9%), Phosphorus: 837.85mg (83.79%), Vitamin B12: 3.2µg (53.3%), Vitamin C: 35.81mg (43.41%), Selenium: 29.81µg (42.58%), Potassium: 998.45mg (28.53%), Vitamin K: 28.21µg (26.87%), Vitamin B6: 0.52mg (25.77%), Manganese: 0.45mg (22.67%), Magnesium: 88.12mg (22.03%), Folate: 84.95µg (21.24%), Zinc: 2.75mg (18.33%), Vitamin B2: 0.22mg (13.11%), Vitamin B3: 2.52mg (12.62%), Iron: 1.91mg (10.63%), Fiber: 2.34g (9.35%), Vitamin B5: 0.9mg (8.97%), Vitamin E: 1.29mg (8.61%), Copper: 0.17mg (8.45%), Vitamin A: 409.05IU (8.18%), Vitamin B1: 0.11mg (7.32%), Calcium: 52.63mg (5.26%)