



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 teaspoon ginger fresh finely grated peeled
- ☐ 1 garlic clove minced
- ☐ 1 sprigs garnish: cilantro and lime wedges fresh
- ☐ 1 lb sea scallops
- ☐ 1.5 tablespoons vegetable oil
- ☐ 2 medium zucchini halved lengthwise ()

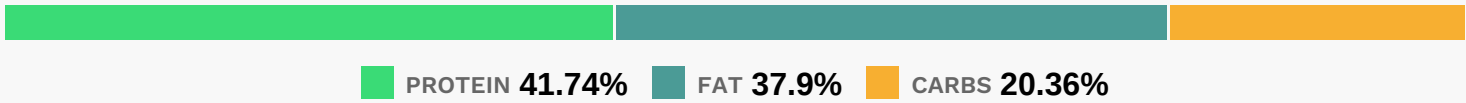
Equipment

☐ 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:48.5, Glycemic Load:0.81, Inflammation Score:-7, Nutrition Score:20.954782755479%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, 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: 286.41kcal (14.32%), Fat: 12.09g (18.6%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 12.26g (4.46%), Sugar: 4.97g (5.52%), Cholesterol: 54.43mg (18.14%), Sodium: 905.64mg (39.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.97g (59.93%), Phosphorus: 838.19mg (83.82%), Vitamin B12: 3.2µg (53.3%), Vitamin C: 35.86mg (43.47%), Selenium: 29.81µg (42.59%), Potassium: 1002.6mg (28.65%), Vitamin K: 28.21µg (26.87%), Vitamin B6: 0.52mg (25.85%), Manganese: 0.46mg (22.79%), Magnesium: 88.55mg (22.14%), Folate: 85.06µg (21.27%), Zinc: 2.75mg (18.35%), Vitamin B2: 0.22mg (13.13%), Vitamin B3: 2.53mg (12.66%), Iron: 1.92mg (10.66%), Fiber: 2.36g (9.43%), Vitamin B5: 0.9mg (9%), Vitamin E: 1.29mg (8.63%),

Copper: 0.17mg (8.56%), Vitamin A: 409.05IU (8.18%), Vitamin B1: 0.11mg (7.33%), Calcium: 52.79mg (5.28%)