



Seared Scallops with Dragon Fruit Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons chives chopped
- ☐ 1 dragon fruit diced finely
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt and pepper
- ☐ 8 large scallops

Equipment

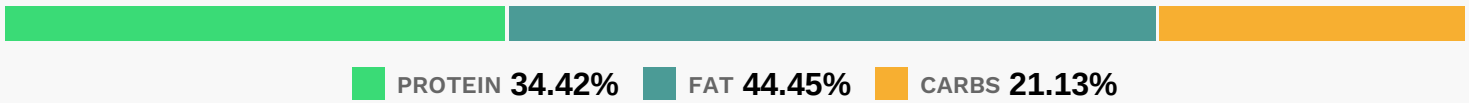
- ☐ bowl

☐ frying pan

Directions

- ☐ Put the dragon fruit in the fridge for a few hours and allow it to get very cold. This will allow you to dice it finely. Season the scallops with salt and pepper.
- ☐ Heat the olive oil in a skillet on medium high heat and pan sear the scallops until golden brown (about 2 to 3 minutes on each side).
- ☐ In a separate bowl, combine the dragon fruit, lemon juice, and chopped chives. Top the scallops with the dragon fruit salsa and serve

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.731739162103%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 88.61kcal (4.43%), Fat: 4.19g (6.44%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 4.18g (1.52%), Sugar: 2.12g (2.36%), Cholesterol: 14.4mg (4.8%), Sodium: 444.14mg (19.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.6%), Phosphorus: 201.57mg (20.16%), Vitamin B12: 0.85µg (14.1%), Selenium: 7.7µg (11%), Vitamin K: 5.3µg (5.05%), Potassium: 131.38mg (3.75%), Zinc: 0.56mg (3.71%), Iron: 0.64mg (3.53%), Magnesium: 14.06mg (3.52%), Vitamin E: 0.51mg (3.42%), Folate: 11.93µg (2.98%), Vitamin C: 2.32mg (2.82%), Vitamin B6: 0.05mg (2.38%), Vitamin B3: 0.43mg (2.17%), Vitamin B5: 0.14mg (1.39%), Vitamin A: 67.32IU (1.35%), Fiber: 0.3g (1.19%)