



Seared Scallops with Spicy Papaya Sauce

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 teaspoon jalapeño peppers minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 small papaya peeled seeded chopped
- ☐ 1 bell pepper red chopped

- ☐ 0.5 onion red chopped
- ☐ 1 teaspoon salt
- ☐ 1 pound sea scallops

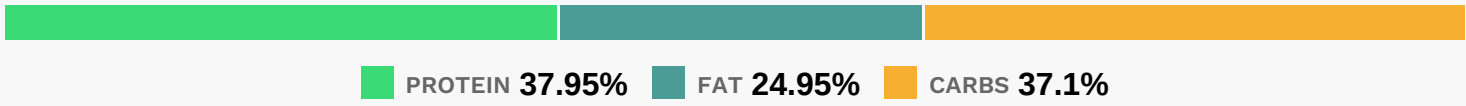
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium bowl, combine papaya, red pepper, jalapeno onion, lime juice, cilantro, and 1/4 teaspoon salt. Set aside.
- ☐ In a large sealable bag, combine flour, black pepper, and remaining 3/4 teaspoon salt.
- ☐ Add scallops, and shake to coat.
- ☐ In a large skillet, heat oil over medium heat.
- ☐ Add scallops; cook and stir until golden.
- ☐ Serve scallops over papaya sauce.

Nutrition Facts



Properties

Glycemic Index:72.19, Glycemic Load:4.78, Inflammation Score:-8, Nutrition Score:13.368695653003%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 154.83kcal (7.74%), Fat: 4.31g (6.63%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 12.72g (4.62%), Sugar: 4.99g (5.55%), Cholesterol: 27.22mg (9.07%), Sodium: 1031.06mg (44.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.48%), Vitamin C: 66mg (80%), Phosphorus: 399.84mg (39.98%), Vitamin B12: 1.6µg (26.65%), Vitamin A: 1320.46IU (26.41%), Selenium: 16.13µg (23.04%), Folate: 56.52µg (14.13%), Potassium: 401.87mg (11.48%), Vitamin B6: 0.21mg (10.52%), Magnesium: 39.63mg (9.91%), Zinc: 1.2mg (7.98%), Vitamin E: 1.16mg (7.72%), Vitamin B3: 1.49mg (7.45%), Fiber: 1.69g (6.76%), Manganese: 0.12mg (6.18%), Vitamin K: 5.31µg (5.05%), Iron: 0.9mg (4.99%), Vitamin B1: 0.07mg (4.73%), Vitamin B5: 0.46mg (4.59%), Vitamin B2: 0.08mg (4.53%), Copper: 0.06mg (3.16%), Calcium: 22.15mg (2.22%)