



Spiced Scallop-Zucchini Kebabs

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon coriander seeds
- 0.5 teaspoon cumin seeds
- 6 servings cilantro leaves fresh
- 1 small clove garlic minced
- 1 small clove garlic
- 1 jalapeno seeds removed
- 1 juice of lime
- 6 servings kosher salt

- 0.3 cup coconut milk light
- 0.5 cup lightly packed
- 6 servings lime wedges for serving
- 0.3 cup lightly mint fresh packed
- 0.1 teaspoon paprika hot
- 12 sea scallops
- 1 teaspoon sugar
- 4 tablespoons butter unsalted
- 6 servings vegetable oil for brushing
- 2 small zucchini cut into 1/2-to- 3/4-inch-thick rounds

Equipment

- bowl
- frying pan
- blender
- plastic wrap
- grill
- skewers
- wooden skewers

Directions

- Combine the cilantro, mint, coconut milk, lime juice, jalapeno, garlic, sugar and 1/2 teaspoon salt in a blender; puree until smooth.
- Transfer to a bowl, cover with plastic wrap and refrigerate until ready to serve or up to 1 day.
- Prepare the kebabs: Melt the butter in a small skillet over medium heat. When it foams, stir in the garlic, cumin, coriander, paprika and 1/2 teaspoon salt; cook, stirring, 4 minutes.
- Remove the spiced butter from the heat and let cool. (The butter can be made up to 1 day in advance.)
- Preheat a grill to medium. If using wooden skewers, soak them in water, about 15 minutes (you'll need 4 to 6 skewers). Thread the scallops and zucchini rounds onto the skewers.

- Brush the grill generously with vegetable oil. Stir the spiced butter, then brush on the kebabs and season with salt. Grill the kebabs until the scallops are firm and just cooked through and the zucchini is marked, 3 to 4 minutes per side.
- Brush with more spiced butter.
- Serve with the chutney and lime wedges.
- Photograph by Anna William

Nutrition Facts

PROTEIN 6.74% **FAT 86.1%** **CARBS 7.16%**

Properties

Glycemic Index:43.52, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:6.176086920759%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 268.37kcal (13.42%), Fat: 26.21g (40.32%), Saturated Fat: 9.87g (61.68%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 4.12g (1.5%), Sugar: 2.59g (2.88%), Cholesterol: 40.97mg (13.66%), Sodium: 327.67mg (14.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.23%), Vitamin K: 28.93µg (27.55%), Vitamin C: 12.64mg (15.32%), Phosphorus: 123.46mg (12.35%), Vitamin A: 595.09IU (11.9%), Vitamin E: 1.53mg (10.18%), Vitamin B12: 0.44µg (7.31%), Manganese: 0.13mg (6.37%), Selenium: 4.23µg (6.05%), Vitamin B6: 0.12mg (5.75%), Potassium: 200.35mg (5.72%), Folate: 18µg (4.5%), Magnesium: 17.69mg (4.42%), Vitamin B2: 0.06mg (3.24%), Fiber: 0.78g (3.13%), Zinc: 0.47mg (3.11%), Iron: 0.54mg (3.02%), Calcium: 28.03mg (2.8%), Vitamin B3: 0.49mg (2.43%), Copper: 0.05mg (2.26%), Vitamin B1: 0.03mg (1.86%), Vitamin B5: 0.18mg (1.85%)