



Warm Scallop Salad with Lime and Cilantro

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup avocado diced peeled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoons jalapeno minced seeded
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons olive oil divided
- ☐ 4 6-inch pitas toasted quartered ()
- ☐ 1.5 cups plum tomatoes diced

- ☐ 0.3 cup onion red minced
- ☐ 0.3 teaspoon salt
- ☐ 1 pound sea scallops
- ☐ 6 cups watercress trimmed (1 bunch)
- ☐ 1 cup bell pepper yellow chopped

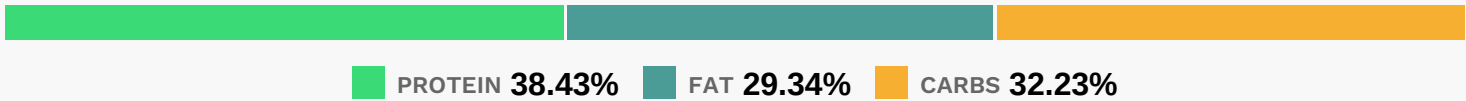
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 teaspoon olive oil in a large nonstick skillet over medium heat.
- ☐ Add onion and jalapeno; saute 2 minutes.
- ☐ Add scallops; saute 3 minutes or until done. Stir in 1 teaspoon oil, tomato, and next 6 ingredients (tomato through garlic).
- ☐ Remove from heat.
- ☐ Arrange the watercress on each of 4 plates; top with scallop salad, and serve with pitas.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:2.02, Inflammation Score:-9, Nutrition Score:23.153043518896%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 11.9mg, Kaempferol: 11.9mg, Kaempferol: 11.9mg, Kaempferol: 11.9mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 18.98mg, Quercetin: 18.98mg, Quercetin: 18.98mg, Quercetin: 18.98mg

Quercetin: 18.98mg, Quercetin: 18.98mg

Nutrients (% of daily need)

Calories: 167.68kcal (8.38%), Fat: 5.67g (8.72%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 10.74g (3.9%), Sugar: 3.22g (3.57%), Cholesterol: 27.22mg (9.07%), Sodium: 623.84mg (27.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.39%), Vitamin K: 143.52µg (136.69%), Vitamin C: 111.13mg (134.7%), Vitamin A: 2581.78IU (51.64%), Phosphorus: 456.33mg (45.63%), Vitamin B12: 1.6µg (26.65%), Potassium: 818.7mg (23.39%), Selenium: 15.35µg (21.92%), Vitamin B6: 0.37mg (18.53%), Manganese: 0.35mg (17.71%), Folate: 65.08µg (16.27%), Magnesium: 57.9mg (14.47%), Fiber: 3.27g (13.07%), Vitamin E: 1.84mg (12.24%), Vitamin B3: 2.19mg (10.93%), Copper: 0.21mg (10.31%), Zinc: 1.47mg (9.8%), Calcium: 89.5mg (8.95%), Vitamin B5: 0.85mg (8.47%), Vitamin B2: 0.14mg (8.12%), Vitamin B1: 0.12mg (8.1%), Iron: 1.14mg (6.32%)