# Scallop with Mango Avocado Salsa

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*Scallop with tropical salsa*

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiPqd_sooDhAhUCc98KHUyLB4MQjRx6BAgBEAU&url=https://steamykitchen.com/120-seared-scallops-with-mango-melon-salsa.html&psig=AOvVaw2P5zZgzj4Uls3VfQxjEx6r&ust=1552606161062065)

**Yield:** 4 servings

**Ingredients:**

***Salsa:***

1 cup Mango, diced

¼ cup Red pepper, diced

¼ cup Red onion, diced

¼ Avocado, diced

1 Jalapeno diced

1 Tbsp. Fresh cilantro, chopped

1 Tbsp. Lime juice

1 Tbsp. Paprika, ground

1 tsp. Cumin, ground

¼ tsp. Salt

1 tsp. Pepper

***Scallop:***

16 Fresh sea scallops

Olive oil, as needed

**Method of Preparation:**

1. Cut and toss together all salsa ingredients. Set aside.
2. Sauté scallops in a pan with oil for at least 2 minutes on each side. The ridges should be golden brown.
3. Plate the scallops and top with a scoop of mango salsa, serve immediately, and enjoy!

**Nutritional Analysis:** Per serving

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Calories: | 490 kcal | Fiber: | | | 13 g | | | Calcium: | | 144 mg | |
| Total Fat: | 9 g | Cholesterol: | | | 75 mg | | | Iron: | | 6 mg | |
| Saturated Fat: | 1.5 g | Vitamin D: | | | 0 mcg | | | Sodium: | | 950 mg | |
| Protein: | 37 g | Potassium | | 1,611 mg | | |
| Carbohydrates: | 25 g |  | | |  | | |  | |  | |
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