



Asparagus and Scallop Bowl

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups diagonally cut asparagus (1-inch) ()
- 1 pound bay scallops
- 0.3 teaspoon pepper red crushed
- 3 cups less-sodium chicken broth fat-free
- 3 tablespoons basil fresh chopped
- 2 garlic cloves minced
- 2 tablespoons green onions sliced
- 2 tablespoons juice of lemon fresh divided

- 1 teaspoon lemon rind fresh grated
- 3.5 ounces buckwheat noodles uncooked
- 1 teaspoon olive oil
- 0.3 teaspoon salt
- 1 cup shiitake mushroom caps thinly sliced
- 1 cup water

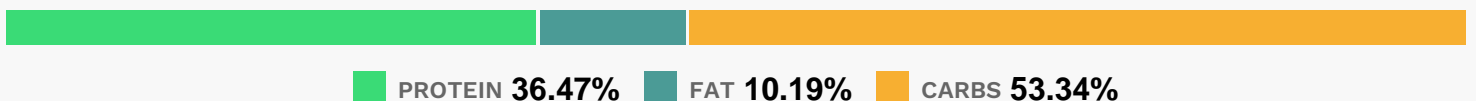
Equipment

- bowl
- frying pan
- dutch oven

Directions

- Cook noodles according to package directions, omitting salt and fat.
- Drain; set aside.
- While noodles cook, heat oil in a large Dutch oven over medium-high heat.
- Add mushrooms and garlic, and saut 3 minutes or until lightly browned.
- Add broth, water, lemon rind, and 1 tablespoon lemon juice to pan; bring to a boil.
- Add asparagus; cook 1 minute. Reduce heat, add scallops, and simmer 3 to 4 minutes or until scallops are opaque and asparagus is tender.
- Stir in cooked noodles, remaining 1 tablespoon lemon juice, basil, salt, and pepper; cook 1 minute. Divide evenly among 4 shallow soup bowls.
- Sprinkle each portion evenly with green onions.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:8.99, Inflammation Score:-8, Nutrition Score:22.234782706136%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.42mg, Quercetin: 14.42mg, Quercetin: 14.42mg, Quercetin: 14.42mg

Nutrients (% of daily need)

Calories: 231.01kcal (11.55%), Fat: 2.68g (4.12%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 26.95g (9.8%), Sugar: 4.46g (4.96%), Cholesterol: 27.22mg (9.07%), Sodium: 1300.7mg (56.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.55g (43.11%), Selenium: 39.74µg (56.77%), Phosphorus: 565.18mg (56.52%), Vitamin K: 55.03µg (52.41%), Vitamin B12: 1.94µg (32.32%), Manganese: 0.6mg (30.24%), Vitamin B3: 5.41mg (27.03%), Folate: 88.5µg (22.13%), Vitamin B6: 0.43mg (21.43%), Copper: 0.43mg (21.28%), Potassium: 743.35mg (21.24%), Vitamin B2: 0.34mg (19.99%), Iron: 3.53mg (19.61%), Fiber: 4.57g (18.28%), Vitamin A: 910.11IU (18.2%), Zinc: 2.6mg (17.32%), Magnesium: 68.41mg (17.1%), Vitamin B5: 1.7mg (17.05%), Vitamin B1: 0.2mg (13.46%), Vitamin C: 10.48mg (12.7%), Vitamin E: 1.4mg (9.31%), Calcium: 55.01mg (5.5%), Vitamin D: 0.23µg (1.51%)