



Caramelized Scallops



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 tablespoon fish sauce
- ☐ 1 teaspoon ginger fresh minced
- ☐ 1 teaspoon mint leaves fresh chopped
- ☐ 0.5 teaspoon garlic fresh minced
- ☐ 2 teaspoons juice of lime fresh
- ☐ 2 lime wedges

- ☐ 12 ounces sea scallops
- ☐ 3.5 teaspoons sugar divided
- ☐ 5 teaspoons water divided

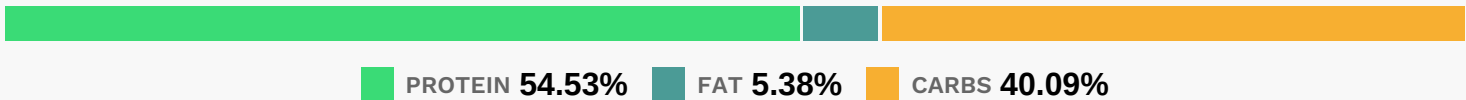
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine 1/2 teaspoon sugar, 1 tablespoon water, fish sauce, and next 4 ingredients (through red pepper) in a small bowl.
- ☐ Combine remaining 1 tablespoon sugar and remaining 2 teaspoons water in a small heavy saucepan over medium-high heat; cook until sugar dissolves. Continue cooking 2 minutes or until golden (do not stir).
- ☐ Remove from heat; carefully add fish sauce mixture, stirring constantly. Keep warm.
- ☐ Heat a medium skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle black pepper over scallops; add scallops to pan. Cook 1 1/2 minutes on each side or until desired degree of doneness.
- ☐ Add sauce; toss well.
- ☐ Sprinkle with mint.
- ☐ Serve with lime.
- ☐ Wide rice noodles and sugar snap peas: Steam 6 ounces sugar snap peas 2 minutes or until crisp-tender; place in bowl.
- ☐ Add 1/4 teaspoon salt, 1/4 teaspoon black pepper, and 1/2 teaspoon toasted sesame oil to peas; toss well.
- ☐ Sprinkle with 1/4 teaspoon toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:89.55, Glycemic Load:5.44, Inflammation Score:-4, Nutrition Score:9.9469564906929%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 8.19mg, Hesperetin: 8.19mg, Hesperetin: 8.19mg, Hesperetin: 8.19mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 156.74kcal (7.84%), Fat: 0.93g (1.43%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 14.96g (5.44%), Sugar: 7.74g (8.6%), Cholesterol: 40.82mg (13.61%), Sodium: 1376.78mg (59.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.21g (42.43%), Phosphorus: 574.79mg (57.48%), Vitamin B12: 2.44µg (40.69%), Selenium: 22.86µg (32.65%), Magnesium: 55.83mg (13.96%), Potassium: 410.51mg (11.73%), Zinc: 1.61mg (10.74%), Vitamin B6: 0.18mg (9.17%), Vitamin C: 7.08mg (8.59%), Folate: 33.99µg (8.5%), Vitamin B3: 1.48mg (7.38%), Iron: 0.89mg (4.93%), Vitamin B5: 0.43mg (4.31%), Manganese: 0.09mg (4.3%), Copper: 0.07mg (3.34%), Fiber: 0.64g (2.56%), Calcium: 23.77mg (2.38%), Vitamin B2: 0.04mg (2.3%), Vitamin B1: 0.02mg (1.46%), Vitamin A: 57.62IU (1.15%)