



Chinese Scallops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings cilantro leaves
- 2 tablespoons green onions sliced
- 1 tablespoon soya sauce reduced-sodium
- 1 tablespoon sesame oil toasted
- 1 tablespoon sesame seed toasted
- 1 tablespoon vegetable oil
- 1 pound dry-packed scallops

Equipment

frying pan

Directions

Heat oils in a large (not nonstick) frying pan over high heat.

Add scallops and cook, turning once, until starting to brown, 4 to 6 minutes. Set each scallop on a spoon and drizzle with 1/4 tsp. soy sauce; then sprinkle with some green onion and sesame seeds. Top with a cilantro leaf.

*Wet-packed scallops are preserved with chemicals, ooze liquid, and don't cook well. Dry-packed are available in most supermarkets. Before cooking scallops, peel off the tough little ligament on the side of the scallop that is often paler than the rest of the mollusk. It peels off easily (and in fact will often have disappeared before you buy it).

Nutrition Facts

 PROTEIN 3.98%  FAT 91.3%  CARBS 4.72%

Properties

Glycemic Index:12.38, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.97043478488922%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 37.87kcal (1.89%), Fat: 3.96g (6.09%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 0.46g (0.15%), Net Carbohydrates: 0.29g (0.1%), Sugar: 0.05g (0.05%), Cholesterol: 0mg (0%), Sodium: 72.4mg (3.15%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Vitamin K: 6.78µg (6.46%), Copper: 0.04mg (2.16%), Manganese: 0.04mg (1.8%), Magnesium: 5.22mg (1.3%), Vitamin E: 0.19mg (1.23%), Calcium: 11.5mg (1.15%), Iron: 0.2mg (1.09%), Phosphorus: 10.21mg (1.02%)