



Citrus Scallops with Peas in Parchment

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



117 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon curry powder
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 0.3 cup green onions sliced
- ☐ 2 tablespoons orange juice concentrate frozen thawed
- ☐ 0.3 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 1 pound sea scallops
- ☐ 0.5 pound sugar snap peas fresh trimmed

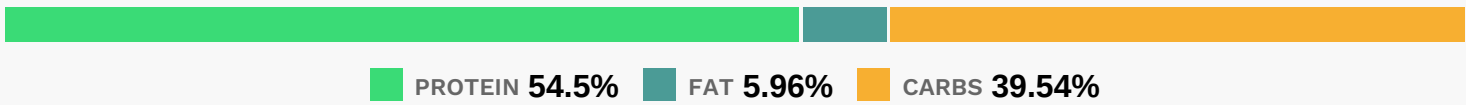
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 7 ingredients in a medium bowl. Toss well, and set aside.
- ☐ Cut 4 (15 x 14–inch) pieces of parchment paper; fold each in half crosswise, creasing firmly, and trim into a heart shape. Unfold hearts, and place on baking sheets.
- ☐ Place 1/2 cup scallop mixture on each parchment heart, near the crease; arrange Sugar Snap peas around scallop mixture. Fold over remaining half of each parchment heart. Starting with rounded edge, pleat and crimp edges of parchment together to make a seal; twist ends tightly to seal.
- ☐ Bake at 400 for 10 minutes or until puffed and lightly browned.
- ☐ Place on individual serving plates, and cut open; serve immediately.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.13, Inflammation Score:–7, Nutrition Score:13.300000014512%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 116.93kcal (5.85%), Fat: 0.76g (1.17%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 9.46g (3.44%), Sugar: 4.63g (5.14%), Cholesterol: 27.22mg (9.07%), Sodium: 521.26mg (22.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.25%), Vitamin C: 45.98mg (55.74%), Phosphorus:

417.3mg (41.73%), Vitamin B12: 1.6µg (26.65%), Vitamin K: 27.72µg (26.4%), Selenium: 15.05µg (21.5%), Vitamin A: 714.44IU (14.29%), Folate: 52.3µg (13.08%), Potassium: 419.16mg (11.98%), Magnesium: 43.78mg (10.94%), Iron: 1.85mg (10.3%), Manganese: 0.2mg (10.23%), Vitamin B6: 0.2mg (10.1%), Zinc: 1.24mg (8.27%), Vitamin B1: 0.12mg (7.86%), Fiber: 1.88g (7.51%), Vitamin B5: 0.72mg (7.18%), Vitamin B3: 1.27mg (6.34%), Vitamin B2: 0.08mg (4.81%), Copper: 0.09mg (4.32%), Calcium: 40.97mg (4.1%), Vitamin E: 0.38mg (2.57%)