



Coconut Noodles with Scallops

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



483 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup baby spinach leaves
- ☐ 1 bell-pepper red seeded sliced
- ☐ 9 ounces brown rice noodles uncooked
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons coconut to garnish shredded
- ☐ 1 cup so delicious coconut milk beverage unsweetened
- ☐ 2 tablespoons coconut oil
- ☐ 2 cloves garlic chopped

- ☐ 1 teaspoon ground turmeric
- ☐ 0.5 lime thinly sliced
- ☐ 12 sea scallops
- ☐ 1 pinch sea salt and pepper
- ☐ 0.5 cup vegetable stock gluten-free hot

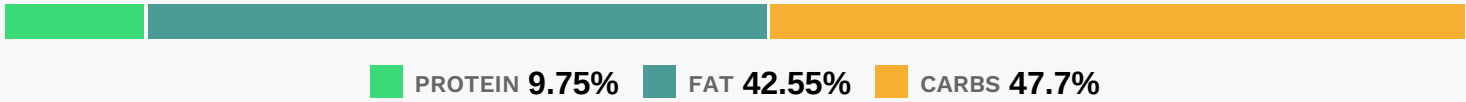
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Start by heating the coconut oil in a wok for skillet, over high heat.
- ☐ Add the bell pepper, and garlic, stir for a minute.
- ☐ Add the turmeric, chili powder, pepper and sea salt, stir-fry for an additional minute.
- ☐ Mix the vegetable stock and coconut milk together and add to stir-fry, cover and cook for 5 minutes.
- ☐ Add the scallops, lime slices and spinach, continue cooking for another five minutes. The sauce will reduce and thicken.Meanwhile, immerse the noodles in a pt of just boiled water.
- ☐ Let stand for 5 minutes and drain.
- ☐ Add the cooked noodles to the coconut stir-fry and mix. stir for 2 minutes.Plate and sprinkle with shredded coconut.

Nutrition Facts



Properties

Glycemic Index:67.88, Glycemic Load:29.9, Inflammation Score:-10, Nutrition Score:14.899130416953%

Flavonoids

Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin:

0.24mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 482.87kcal (24.14%), Fat: 23.67g (36.42%), Saturated Fat: 19.86g (124.1%), Carbohydrates: 59.7g (19.9%), Net Carbohydrates: 52.27g (19.01%), Sugar: 5.03g (5.59%), Cholesterol: 10.8mg (3.6%), Sodium: 340.4mg (14.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.21g (24.42%), Vitamin C: 44.99mg (54.53%), Manganese: 0.77mg (38.44%), Vitamin A: 1851.24IU (37.02%), Vitamin K: 38.46µg (36.63%), Fiber: 7.43g (29.74%), Phosphorus: 231.18mg (23.12%), Selenium: 10.21µg (14.58%), Folate: 46.74µg (11.68%), Potassium: 400.51mg (11.44%), Magnesium: 44.98mg (11.25%), Copper: 0.21mg (10.68%), Iron: 1.92mg (10.67%), Vitamin B12: 0.63µg (10.58%), Vitamin B6: 0.2mg (9.84%), Zinc: 1.02mg (6.83%), Vitamin E: 0.95mg (6.35%), Vitamin B3: 1.24mg (6.21%), Vitamin B5: 0.34mg (3.45%), Vitamin B1: 0.05mg (3.32%), Vitamin B2: 0.06mg (3.29%), Calcium: 30.28mg (3.03%)