



Coconut Noodles with Scallops and Pea Tendrils

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



256 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons anchovy paste
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 pound pea tendrils coarsely chopped
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled

- ☐ 3 garlic cloves peeled
- ☐ 1.5 cups green onions divided thinly sliced
- ☐ 1 cup peas fresh green thawed
- ☐ 0.3 cup lemongrass fresh peeled coarsely chopped (2 stalks)
- ☐ 14 ounce coconut milk light canned
- ☐ 3.5 tablespoons lower-sodium soy sauce
- ☐ 4 cups napa cabbage chinese thinly sliced () (1 small head)
- ☐ 6.8 ounce rice sticks uncooked (rice-flour noodles)
- ☐ 0.3 teaspoon salt
- ☐ 1 pound sea scallops halved
- ☐ 2 shallots peeled
- ☐ 3 to 4 thai chiles halved seeded

Equipment

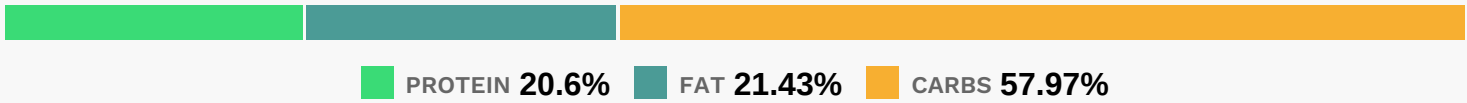
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook noodles in boiling water 1 1/2 minutes; drain. Rinse under cold water; drain and place in a large bowl.
- ☐ Combine cilantro and next 6 ingredients (through shallots) in a food processor; process until a paste forms.
- ☐ Heat a Dutch oven over medium-high heat; add oil to pan, swirling to coat.
- ☐ Add cilantro mixture to pan; saut 5 minutes. Stir in broth, scraping pan to loosen browned bits. Stir in sugar, soy sauce, salt, and milk.
- ☐ Add cabbage and 1 1/4 cups onions to pan; cook 3 minutes, stirring occasionally. Stir in peas and scallops; cook 3 minutes or until scallops are done.

Remove pan from heat; stir in noodles. Spoon 1 1/4 cups noodle mixture into each of 8 bowls; top each serving with 1 1/2 teaspoons remaining onions and 1/2 cup pea tendrils.

Nutrition Facts



Properties

Glycemic Index:39.69, Glycemic Load:13.95, Inflammation Score:-7, Nutrition Score:15.623043419874%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 256.44kcal (12.82%), Fat: 6g (9.24%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 32.99g (12%), Sugar: 6.07g (6.74%), Cholesterol: 14.88mg (4.96%), Sodium: 771.07mg (33.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.97%), Vitamin K: 63.62µg (60.6%), Manganese: 0.74mg (37.1%), Phosphorus: 304.75mg (30.48%), Vitamin C: 25.06mg (30.37%), Folate: 103.09µg (25.77%), Selenium: 13.88µg (19.83%), Vitamin B12: 0.87µg (14.49%), Vitamin B6: 0.29mg (14.41%), Fiber: 3.54g (14.18%), Potassium: 473.12mg (13.52%), Magnesium: 51.24mg (12.81%), Iron: 2.01mg (11.16%), Vitamin A: 532.12IU (10.64%), Vitamin B3: 2.1mg (10.5%), Zinc: 1.56mg (10.37%), Copper: 0.2mg (10.13%), Vitamin B1: 0.14mg (9.25%), Calcium: 77.22mg (7.72%), Vitamin B2: 0.12mg (7.26%), Vitamin B5: 0.6mg (6.04%), Vitamin E: 0.38mg (2.53%)