



Curried Noodles with Scallops

 **Gluten Free**  **Dairy Free**

READY IN



11 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 pounds bay scallops
- 1.5 teaspoons bottled garlic minced
- 1 tablespoon bottled ginger fresh minced
- 2 teaspoons curry powder
- 1 large eggs
- 2 large egg whites
- 1 cup less-sodium chicken broth fat-free
- 2 tablespoons cilantro leaves fresh chopped

- 1 cup green onions sliced (1-inch)
- 0.3 teaspoon ground pepper red
- 6 tablespoons mango chutney
- 0.5 cup peas green frozen thawed
- 0.5 pound rice sticks uncooked (rice-flour noodles)
- 0.3 teaspoon salt
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan
- whisk

Directions

- Cook noodles according to package directions, omitting salt and fat.
- Drain and rinse with cold water; drain well.
- Combine broth, curry, salt, pepper, egg whites, and egg in a medium bowl; stir well with a whisk. Set aside.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onions, ginger, and garlic; stir-fry 30 seconds.
- Add scallops and peas; stir-fry 3 minutes. Reduce heat to medium-low. Stir in noodles; toss well. Stir in egg mixture; cover and cook 5 minutes. Divide the noodle mixture evenly among 6 plates. Spoon 1 tablespoon chutney over each serving, and sprinkle evenly with cilantro.

Nutrition Facts



Properties

Glycemic Index:51.09, Glycemic Load:26.56, Inflammation Score:-5, Nutrition Score:14.714347751244%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 332.45kcal (16.62%), Fat: 4.17g (6.42%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 52.06g (17.35%), Net Carbohydrates: 49.9g (18.15%), Sugar: 11.07g (12.3%), Cholesterol: 58.22mg (19.41%), Sodium: 738.78mg (32.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.08g (40.16%), Phosphorus: 472.94mg (47.29%), Vitamin K: 42.9µg (40.85%), Selenium: 26.85µg (38.36%), Vitamin B12: 1.76µg (29.31%), Manganese: 0.58mg (29.01%), Vitamin C: 10.42mg (12.63%), Potassium: 435.67mg (12.45%), Zinc: 1.84mg (12.28%), Magnesium: 48.35mg (12.09%), Folate: 48.13µg (12.03%), Vitamin B6: 0.23mg (11.44%), Vitamin B2: 0.18mg (10.55%), Vitamin B3: 2.04mg (10.19%), Copper: 0.2mg (9.78%), Iron: 1.71mg (9.48%), Vitamin B5: 0.86mg (8.63%), Fiber: 2.16g (8.63%), Vitamin A: 357.36IU (7.15%), Vitamin B1: 0.09mg (6.03%), Calcium: 49.48mg (4.95%), Vitamin E: 0.63mg (4.19%), Vitamin D: 0.17µg (1.11%)