



## Edamame with XO Sauce



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



177 kcal

SIDE DISH

## Ingredients

- ☐ 6 ounces canola oil for frying
- ☐ 1 teaspoon chicken bouillon
- ☐ 1 chile de árbol finely minced
- ☐ 2 pounds edamame frozen
- ☐ 0.8 tablespoon garlic chopped
- ☐ 0.5 teaspoon ground pepper black finely
- ☐ 4 ounces xo sauce
- ☐ 0.8 tablespoon lemongrass finely minced

- ☐ 1 tablespoon oyster sauce
- ☐ 3.3 ounces pancetta diced finely
- ☐ 1 ounce scallops dry
- ☐ 0.8 tablespoon serrano chiles finely chopped
- ☐ 1 teaspoon sesame oil
- ☐ 1 ounce shallots chopped
- ☐ 1 teaspoon tōgarashi
- ☐ 0.8 ounce shrimp dry
- ☐ 0.5 tablespoon sugar
- ☐ 1 tablespoon sugar

## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ wok

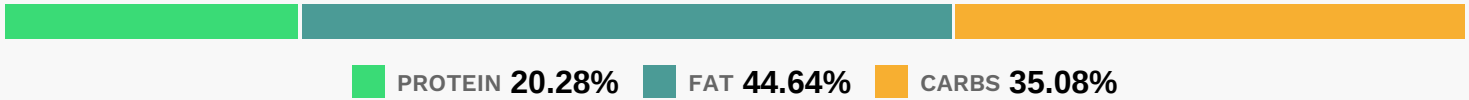
## Directions

- ☐ Drain scallops and shrimp, process both separately in food processor to shred and chop. Or they can be chopped by hand. Beginning with scallops, place in oil and cook until lightly browned, strain. Continue with this procedure with; shrimp, shallots, garlic, serrano chiles. When it comes time to cook the prosciutto, this will take a bit longer as you will want to render this until almost crisp as with bacon.
- ☐ Add remaining ingredients and mix well.
- ☐ This is best if used the following day so all the flavors may come together. This recipe can be made in large quantities and used at later dates. Can be stored in the refrigerator for up to 1 month. Can also be frozen.
- ☐ \*Cook's Note: In a large sauce pot over medium heat add canola oil. Each ingredient will be fried or rendered in this pot. Each time an ingredient is cooked, it should be completely strained from the oil and the oil returned to the pot for the next batch. Careful not to burn anything as you will want to use the oil in the final product to add flavor. If anything is burned

then this will impart a bitter flavor. After each ingredient is cooked they can mixed into a common container.

- ☐ In a pot of boiling water, blanch the edamame, strain. In a wok/saute pan with a small amount of cooking oil, saute cooked edamame with remaining ingredients and toss vigorously.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:19.35, Glycemic Load:1.2, Inflammation Score:-1, Nutrition Score:3.156956528192%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 177.05kcal (8.85%), Fat: 8.82g (13.57%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 12.31g (4.48%), Sugar: 5.98g (6.64%), Cholesterol: 8.49mg (2.83%), Sodium: 221.48mg (9.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.03%), Fiber: 3.28g (13.11%), Iron: 2.2mg (12.25%), Potassium: 386.91mg (11.05%), Calcium: 67.52mg (6.75%), Vitamin E: 0.61mg (4.05%), Selenium: 2.07µg (2.95%), Phosphorus: 26.65mg (2.66%), Manganese: 0.05mg (2.49%), Vitamin K: 2.56µg (2.44%), Vitamin B6: 0.05mg (2.29%), Vitamin B3: 0.4mg (1.99%), Vitamin B1: 0.03mg (1.68%), Vitamin A: 72.64IU (1.45%), Vitamin B12: 0.08µg (1.3%), Zinc: 0.17mg (1.14%), Copper: 0.02mg (1.08%)