



Fresh Ginger Scallops with Cilantro Rice

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup chicken broth dry white low-sodium
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 tablespoon butter light
- ☐ 3 tablespoons butter light melted
- ☐ 1 teaspoon lime rind grated
- ☐ 2 limes cut into 8 wedges
- ☐ 0.5 teaspoon salt

- ☐ 1.5 pounds sea scallops
- ☐ 3 tablespoons shallots finely chopped
- ☐ 1 regular-sized bag boil-in-bag rice long-grain

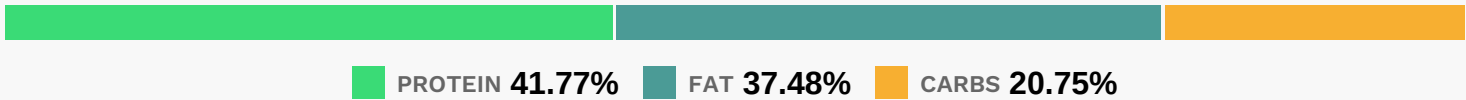
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook rice according to package directions, omitting salt and fat. Stir cilantro and 1 tablespoon butter into cooked rice.
- ☐ Combine wine and next 4 ingredients in a small bowl; set aside.
- ☐ Rinse scallops, and pat dry with paper towels.
- ☐ Pour melted butter over scallops, and toss well.
- ☐ Place a nonstick skillet over medium-high heat until hot.
- ☐ Add half of scallop mixture; cook 3 minutes on each side.
- ☐ Remove scallops from heat, and keep warm. Wipe pan with a paper towel. Repeat procedure with remaining scallop mixture.
- ☐ Pour wine sauce into pan; cook over medium heat 1 minute or until thoroughly heated. Spoon sauce over scallops.
- ☐ Serve with rice and lime wedges.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.19, Inflammation Score:-4, Nutrition Score:10.856086847575%

Flavonoids

Hesperetin: 14.62mg, Hesperetin: 14.62mg, Hesperetin: 14.62mg, Hesperetin: 14.62mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 211.35kcal (10.57%), Fat: 8.9g (13.7%), Saturated Fat: 5.11g (31.96%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 9.86g (3.58%), Sugar: 1.25g (1.39%), Cholesterol: 55.66mg (18.55%), Sodium: 977.68mg (42.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.32g (44.64%), Phosphorus: 597.47mg (59.75%), Vitamin B12: 2.46µg (41.01%), Selenium: 22.15µg (31.65%), Potassium: 464.79mg (13.28%), Vitamin C: 10.64mg (12.89%), Zinc: 1.7mg (11.36%), Magnesium: 42.99mg (10.75%), Vitamin B3: 1.9mg (9.52%), Vitamin B6: 0.17mg (8.68%), Folate: 32.94µg (8.24%), Iron: 1.2mg (6.68%), Vitamin A: 273.62IU (5.47%), Fiber: 1.23g (4.93%), Copper: 0.09mg (4.75%), Vitamin B5: 0.47mg (4.66%), Vitamin B2: 0.06mg (3.4%), Calcium: 33.28mg (3.33%), Manganese: 0.06mg (2.96%), Vitamin E: 0.31mg (2.06%), Vitamin B1: 0.03mg (1.91%), Vitamin K: 1.56µg (1.48%)