



Ginger-Chili Scallops

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

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound asparagus
- 0.1 lb butter
- 0.1 teaspoon chili flakes hot
- 2 tablespoons jalapeño chilies fresh minced
- 0.5 cup cooking wine dry white
- 1 tablespoon ginger fresh minced
- 2 tablespoons garlic minced pressed
- 0.3 cup olive oil

- 4 servings salt and pepper
- 1.5 pounds sea scallops

Equipment

- bowl
- frying pan
- wok
- slotted spoon

Directions

- Rinse asparagus, snap off and discard tough ends, and cut remaining stalks diagonally into 1 1/2-inch pieces. Rinse scallops well and pat dry; if wider than 1 1/2 inches, cut in half.
- In a 12-inch nonstick frying pan or 14- to 15-inch wok over high heat, combine asparagus and 1/3 cup water. Stir often just until asparagus is tender-crisp when pierced, 3 to 4 minutes.
- Pour asparagus into a bowl.
- To pan, add oil, ginger, garlic, jalapeo chilies, and chili flakes. Stir until sizzling, about 1 minute.
- Add scallops and stir often for 1 minute longer.
- Add wine. Stir until scallops are opaque but still moist-looking in center of thickest part (cut to test), 2 to 3 minutes. With a slotted spoon, transfer scallops to bowl.
- Boil liquid in pan until reduced to 1/2 cup, 5 to 7 minutes. Reduce heat, add butter, and stir just until melted, about 1 minute. Return asparagus and scallops to pan; stir until hot, about 2 minutes.
- Pour at once into a serving bowl.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:1.26, Inflammation Score:-8, Nutrition Score:18.251739087312%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.97mg, Quercetin: 11.97mg, Quercetin: 11.97mg, Quercetin: 11.97mg

Nutrients (% of daily need)

Calories: 390.77kcal (19.54%), Fat: 25.92g (39.88%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 9.9g (3.6%), Sugar: 2.36g (2.62%), Cholesterol: 40.82mg (13.61%), Sodium: 1000.32mg (43.49%), Alcohol: 3.09g (100%), Alcohol %: 1.2% (100%), Protein: 22.97g (45.94%), Phosphorus: 631.14mg (63.11%), Vitamin K: 44.81µg (42.68%), Vitamin B12: 2.41µg (40.21%), Selenium: 24.39µg (34.84%), Vitamin A: 1245.39IU (24.91%), Vitamin E: 3.43mg (22.85%), Vitamin C: 16.9mg (20.49%), Folate: 73.94µg (18.48%), Potassium: 596.6mg (17.05%), Iron: 2.79mg (15.51%), Vitamin B6: 0.31mg (15.47%), Manganese: 0.28mg (14.24%), Zinc: 2.12mg (14.12%), Magnesium: 56.33mg (14.08%), Copper: 0.23mg (11.37%), Vitamin B3: 2.2mg (11.02%), Vitamin B1: 0.15mg (10.03%), Vitamin B2: 0.17mg (9.84%), Fiber: 2.04g (8.16%), Vitamin B5: 0.67mg (6.67%), Calcium: 46.6mg (4.66%)