



Glazed Scallops With Couscous

 Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup d matchstick-cut carrots
- ☐ 0.5 cup couscous uncooked
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2.5 tablespoons soya sauce low-sodium

- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds sea scallops
- ☐ 2 cups snow peas

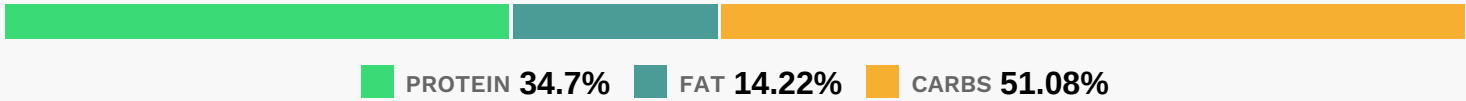
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ In a medium bowl, combine first 5 ingredients (through crushed red pepper). Rinse scallops under cold water; pat dry.
- ☐ Add scallops to marinade; toss well to coat.
- ☐ Let stand 10–30 minutes, stirring once.
- ☐ Bring broth to a boil in a medium saucepan over high heat. Reduce heat; stir in couscous, peas, carrots, and salt; cover and turn off heat.
- ☐ Let stand 5 minutes.
- ☐ Meanwhile, prepare grill, and grill scallops over medium–hot coals 3 minutes per side or until golden brown and opaque in center. Arrange couscous mixture on 4 plates. Arrange 4 scallops over couscous. Bring marinade to a boil, stir, and cook 3 minutes or until thickened.
- ☐ Drizzle mixture over scallops and couscous; top with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:29.32, Glycemic Load:14.69, Inflammation Score:-10, Nutrition Score:21.184782432473%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 303.51kcal (15.18%), Fat: 4.76g (7.32%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 38.47g (12.82%), Net Carbohydrates: 35.03g (12.74%), Sugar: 12.37g (13.75%), Cholesterol: 40.82mg (13.61%), Sodium: 1435.93mg (62.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.14g (52.28%), Vitamin A: 4991.35IU (99.83%), Phosphorus: 664.5mg (66.45%), Vitamin B12: 2.51µg (41.86%), Vitamin C: 32.54mg (39.44%), Selenium: 23.82µg (34.03%), Manganese: 0.43mg (21.32%), Potassium: 627.36mg (17.92%), Magnesium: 70.36mg (17.59%), Folate: 66.72µg (16.68%), Vitamin K: 15.91µg (15.15%), Vitamin B6: 0.29mg (14.59%), Vitamin B3: 2.89mg (14.45%), Fiber: 3.45g (13.79%), Iron: 2.47mg (13.73%), Zinc: 2.04mg (13.6%), Vitamin B5: 1.25mg (12.48%), Vitamin B1: 0.14mg (9.36%), Copper: 0.19mg (9.3%), Vitamin B2: 0.14mg (7.96%), Calcium: 54.16mg (5.42%), Vitamin E: 0.35mg (2.3%)