



Grilled Sweet-and-Sour Scallops



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.3 cup chicken broth
- ☐ 6 servings rice hot cooked
- ☐ 1 teaspoon cornstarch
- ☐ 1 tablespoon ginger fresh grated
- ☐ 6 servings parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 6 servings garnish: green onion strips

- ☐ 0.3 cup catsup
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 cup rice wine
- ☐ 1.5 pounds sea scallops drained
- ☐ 1 teaspoon sesame oil
- ☐ 2 tablespoons soya sauce

Equipment

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags
- ☐ skewers
- ☐ wooden skewers

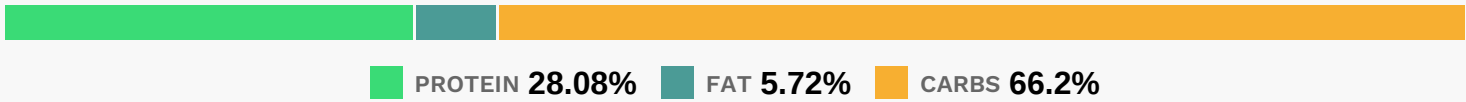
Directions

- ☐ Stir together rice wine and grated fresh ginger.
- ☐ Place scallops in a shallow dish or heavy-duty zip-top plastic bag.
- ☐ Add wine mixture; cover or seal, and chill 30 minutes, turning once.
- ☐ Soak 6 (12-inch) wooden skewers in warm water 30 minutes.
- ☐ Drain.
- ☐ Bring 1/4 cup brown sugar, ketchup, chicken broth, rice vinegar, soy sauce, cornstarch, sesame oil, minced garlic, and, if desired, red pepper to a boil in a saucepan over medium heat, stirring constantly. Boil 1 minute; remove from heat, and set aside.
- ☐ Remove scallops from marinade, discarding marinade. Thread scallops 1/2 inch apart onto skewers.
- ☐ Grill, covered with grill lid, over medium heat (300 to 350°F)
- ☐ to 3 minutes on each side.
- ☐ Brush scallops with brown sugar sauce, and serve immediately with remaining sauce.
- ☐ Serve scallops over hot cooked rice with chopped fresh parsley.

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Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:47.17, Glycemic Load:24.21, Inflammation Score:-5, Nutrition Score:13.436956685522%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 257.37kcal (12.87%), Fat: 1.54g (2.36%), Saturated Fat: 0.31g (1.97%), Carbohydrates: 40.01g (13.34%), Net Carbohydrates: 39.28g (14.28%), Sugar: 11.41g (12.68%), Cholesterol: 27.41mg (9.14%), Sodium: 913.92mg (39.74%), Alcohol: 1.61g (100%), Alcohol %: 0.8% (100%), Protein: 16.97g (33.95%), Vitamin K: 78.43µg (74.69%), Phosphorus: 431.2mg (43.12%), Selenium: 21.07µg (30.1%), Vitamin B12: 1.6µg (26.68%), Manganese: 0.48mg (24.04%), Magnesium: 43.67mg (10.92%), Vitamin B6: 0.21mg (10.47%), Potassium: 365.08mg (10.43%), Zinc: 1.56mg (10.37%), Vitamin A: 451.77IU (9.04%), Vitamin C: 7.23mg (8.76%), Folate: 32.66µg (8.17%), Vitamin B3: 1.62mg (8.12%), Iron: 1.21mg (6.74%), Vitamin B5: 0.62mg (6.21%), Copper: 0.12mg (6.05%), Vitamin B2: 0.07mg (4.06%), Calcium: 38.07mg (3.81%), Fiber: 0.73g (2.92%), Vitamin B1: 0.04mg (2.63%), Vitamin E: 0.26mg (1.72%)