



## King Prawn and Scallop in Ginger Butter

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 small carrots chopped
- ☐ 2 servings chives fresh chopped for garnish
- ☐ 1 teaspoon ginger fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.5 leek chopped
- ☐ 2 servings salt and pepper to taste
- ☐ 10 sea scallops halved
- ☐ 0.3 pound tiger prawns deveined peeled

- ☐ 0.5 cup butter unsalted cubed
- ☐ 0.8 cup vegetable stock
- ☐ 0.3 cup white wine

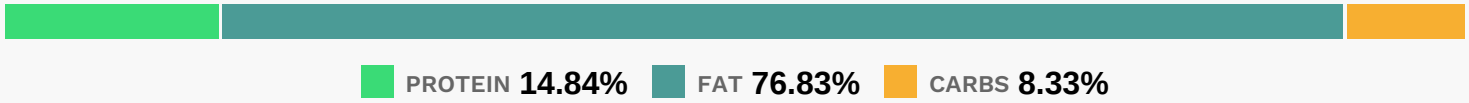
## Equipment

- ☐ frying pan

## Directions

- ☐ Bring the wine, vegetable stock, ginger, and garlic to boil in a skillet.
- ☐ Mix in the carrot and leek, and reduce heat to low. Simmer 5 minutes.
- ☐ Mix in scallops and prawns. Stir in the butter cubes. Continue cooking until butter is melted and scallops and prawns are opaque.
- ☐ Sprinkle with chives, and season with salt and pepper to serve.

## Nutrition Facts



## Properties

Glycemic Index:114.42, Glycemic Load:2.51, Inflammation Score:-10, Nutrition Score:17.787826081981%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 576.69kcal (28.83%), Fat: 47.31g (72.78%), Saturated Fat: 29.36g (183.48%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 10.37g (3.77%), Sugar: 3.27g (3.63%), Cholesterol: 235.27mg (78.42%), Sodium: 1298.54mg (56.46%), Alcohol: 4.12g (100%), Alcohol %: 1.35% (100%), Protein: 20.56g (41.11%), Vitamin A: 6335.29IU (126.71%), Phosphorus: 475.53mg (47.55%), Selenium: 33.06µg (47.23%), Vitamin B12: 1.99µg (33.22%), Vitamin K:

20.27µg (19.31%), Vitamin E: 2.69mg (17.93%), Vitamin B6: 0.31mg (15.3%), Manganese: 0.26mg (12.91%),  
Magnesium: 48.73mg (12.18%), Folate: 48.66µg (12.17%), Potassium: 414.41mg (11.84%), Vitamin B3: 2.3mg (11.49%),  
Zinc: 1.63mg (10.86%), Copper: 0.21mg (10.6%), Calcium: 87.84mg (8.78%), Iron: 1.15mg (6.41%), Vitamin C: 5.24mg  
(6.36%), Vitamin D: 0.93µg (6.18%), Vitamin B5: 0.59mg (5.9%), Fiber: 1.18g (4.71%), Vitamin B2: 0.07mg (4.25%),  
Vitamin B1: 0.06mg (3.94%)