



Lady Linda's Delightful Shrimp and Scallop Stir-Fry

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bay scallops
- 0.3 cup carrots julienned
- 0.3 cup chicken broth
- 1 tablespoon cornstarch
- 2 tablespoons fish sauce
- 8 ounce mushrooms fresh sliced
- 2 teaspoons garlic minced

- 0.5 bell pepper green cut into 1/2-inch squares
- 1 tablespoon ground ginger
- 1 small onion sliced
- 1 tablespoon pepper flakes red crushed
- 1 teaspoon seafood seasoning such as old
- 1 pound shrimp deveined cooked peeled
- 0.3 cup vegetable oil divided
- 1 small baby squash yellow sliced
- 2 small zucchini sliced

Equipment

- bowl
- wok

Directions

- Toss the scallops with the ginger, red pepper flakes, seafood seasoning, fish sauce, and 1 tablespoon of cornstarch in a bowl. Cover, and marinate 30 minutes.
- Heat half of the oil in a wok over high heat. Stir in the garlic, and cook until it begins to brown, about 30 seconds. Stir in the marinated scallops, and cook until they are no longer translucent in the center, about 3 minutes. Dissolve the remaining 1 tablespoon of cornstarch in the chicken broth.
- Pour into the wok, and stir until thickened.
- Remove to a bowl.
- Clean the wok well, and heat the remaining oil over high heat; stir in the onion, mushrooms, zucchini, yellow squash, and carrot. Cook and stir until the vegetables are tender, about 5 minutes. Stir in the shrimp, green pepper, and scallop mixture. Stir until hot.

Nutrition Facts



Properties

Glycemic Index:48.21, Glycemic Load:1.61, Inflammation Score:-9, Nutrition Score:24.819999767386%

Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 360.81kcal (18.04%), Fat: 15.67g (24.11%), Saturated Fat: 2.55g (15.93%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 13.07g (4.75%), Sugar: 5.33g (5.92%), Cholesterol: 210.08mg (70.03%), Sodium: 1388.97mg (60.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.77g (81.53%), Phosphorus: 727.39mg (72.74%), Vitamin A: 2180.31IU (43.61%), Manganese: 0.83mg (41.5%), Copper: 0.76mg (37.94%), Vitamin C: 31.09mg (37.68%), Vitamin K: 36.88µg (35.13%), Selenium: 22.35µg (31.93%), Potassium: 1114.16mg (31.83%), Magnesium: 112.68mg (28.17%), Vitamin B12: 1.67µg (27.8%), Vitamin B6: 0.48mg (23.91%), Vitamin B2: 0.39mg (23.13%), Zinc: 3.38mg (22.55%), Vitamin B3: 4.04mg (20.21%), Folate: 62.88µg (15.72%), Iron: 2.63mg (14.58%), Vitamin E: 2.11mg (14.09%), Vitamin B5: 1.36mg (13.61%), Fiber: 3.23g (12.94%), Calcium: 123.31mg (12.33%), Vitamin B1: 0.13mg (8.7%)