



WHATSheATE



Pan-Roasted Scallops With Sesame Sauce



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon canola oil
- ☐ 0.5 teaspoon cornstarch
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 teaspoon garlic clove minced
- ☐ 1 spring onion sliced (white and green sections reserved separately)
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 1 tablespoon rice vinegar

- ☐ 1.8 pounds scallops
- ☐ 1 tablespoon sesame oil
- ☐ 3 teaspoons sugar

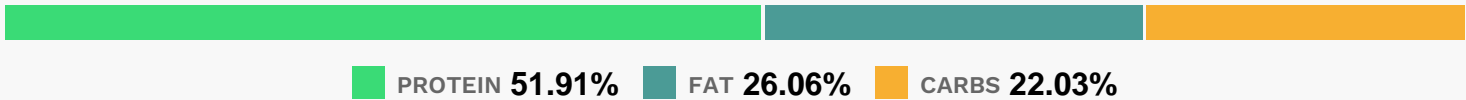
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Remove scallops from the refrigerator, and bring them to room temperature (about 10 minutes). In a small mixing bowl, add the white onion pieces and the next 7 ingredients (through crushed red pepper); stir with a whisk to combine, and set aside.
- ☐ Warm the canola oil in a large nonstick skillet over medium heat. When hot, add the scallops; sprinkle scallops with the black pepper. Cook scallops about 3 minutes on 1 side until golden brown. Using tongs, flip the scallops and cook 2–3 more minutes or until browned.
- ☐ Transfer scallops to a plate, and cover with foil. Keep the skillet on the heat.
- ☐ Whisk the sauce again, and add it to the pan. Cook until the sauce boils and thickens slightly (about 45 seconds); then remove the pan from heat. Divide scallops among 4 plates, drizzle some of the hot sesame sauce over each portion, and garnish with a sprinkle of green onion pieces.

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:2.22, Inflammation Score:-3, Nutrition Score:10.88521738156%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 196.9kcal (9.85%), Fat: 5.53g (8.5%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 10.33g (3.75%), Sugar: 3.12g (3.46%), Cholesterol: 47.63mg (15.88%), Sodium: 1067.69mg (46.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.55%), Phosphorus: 678.83mg (67.88%), Vitamin B12: 2.8µg (46.63%), Selenium: 25.63µg (36.61%), Potassium: 448.46mg (12.81%), Zinc: 1.89mg (12.62%), Magnesium: 50.21mg (12.55%), Folate: 37.24µg (9.31%), Vitamin B6: 0.17mg (8.51%), Vitamin B3: 1.52mg (7.58%), Vitamin K: 7.58µg (7.22%), Iron: 0.94mg (5.22%), Manganese: 0.1mg (4.82%), Vitamin B5: 0.46mg (4.6%), Vitamin B2: 0.05mg (3.14%), Copper: 0.06mg (2.82%), Vitamin E: 0.3mg (1.99%), Calcium: 18.58mg (1.86%), Vitamin B1: 0.02mg (1.36%), Vitamin A: 54.8IU (1.1%)