



 7%
HEALTH SCORE

Pan-Seared Scallops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 garlic diced finely
- 2 ounces ponzu sauce
- 2 medium portabello mushrooms
- 1 salt and pepper
- 6 large scallops
- 1 shallots diced finely
- 2 tablespoons soy sauce yellow

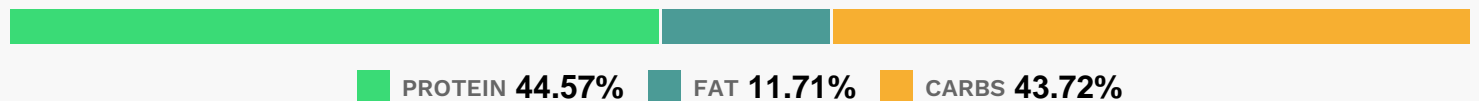
Equipment

- frying pan
- oven
- grill

Directions

- Pre-heat oven to 325 degrees Fahrenheit. Marinate the portabello mushrooms in the soya, garlic, shallot, salt and pepper.
- Let sit for 30 minutes. Grill or broil 2 minutes per side – then bake in a 325 degrees Fahrenheit oven for 10 minutes – cool – cut into thin strips 1/8". Pat the scallops dry and season with salt and pepper. Sear the scallops in a large non-stick skillet over high for about 1 minute or until browned. Turn. Sear other side for 1 minute or until browned.
- Add mushrooms and ponzu sauce. Cook for 1 minute longer, or until the scallops have just warmed through. Use crispy Thai fried noodles, steamed rice or Udon noodles as a garnish.

Nutrition Facts



Properties

Glycemic Index: 60.5, Glycemic Load: 2.72, Inflammation Score: -3, Nutrition Score: 12.064782608696%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 23.32%, Saltiness: 100%, Sourness: 24.33%, Bitterness: 23.32%, Savoriness: 68.48%, Fattiness: 54.08%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 134.83kcal (6.74%), Fat: 1.78g (2.73%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 12.48g (4.54%), Sugar: 4.15g (4.61%), Cholesterol: 21.6mg (7.2%), Sodium: 1638.9mg (71.26%), Protein: 15.21g (30.42%), Phosphorus: 428.15mg (42.81%), Selenium: 28.7µg (41%), Vitamin B3: 4.6mg (22.99%), Vitamin B12: 1.32µg (22.08%), Copper: 0.35mg (17.39%), Potassium: 573.73mg (16.39%), Vitamin B6: 0.29mg (14.28%), Manganese: 0.28mg (14.04%), Vitamin B5: 1.25mg (12.54%), Zinc: 1.77mg (11.78%), Folate: 45.45µg (11.36%), Vitamin B2: 0.17mg (9.79%), Fiber: 2.44g (9.77%), Magnesium: 30.96mg (7.74%), Iron: 1.2mg (6.67%), Vitamin B1: 0.08mg (5.53%), Vitamin K: 5.11µg (4.86%), Calcium: 24.95mg (2.49%), Vitamin C: 1.47mg (1.78%), Vitamin D: 0.25µg

(1.68%)