



Pan Seared Scallops with Sesame Sauce and Cellophane Noodles

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces vermicelli
- 1 teaspoon cornstarch
- 3 cloves garlic minced
- 4 servings ground pepper black
- 0.3 cup soya sauce reduced-sodium
- 0.3 teaspoon pepper flakes red crushed
- 1 tablespoon rice vinegar

- 0.3 cup scallions chopped
- 1.5 pounds sea scallops
- 2 teaspoons sesame oil
- 1 tablespoon sugar
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- Soak cellophane noodles in hot water for 10 minutes, until tender. Strain and set aside.
- While the noodles are soaking, in a small bowl, whisk together soy sauce, garlic, vinegar, sugar, sesame oil, cornstarch, and red pepper flakes. Set aside.
- Heat olive oil in a large skillet over medium-high heat.
- Add scallops and season the tops with black pepper. Cook 2 minutes, until golden brown. Flip with spatula and cook 2 more minutes, until second side is golden brown.
- Add soy sauce mixture to pan and bring to a simmer, for 2 minutes, until sauce thickens and scallops are cooked through and have an opaque color.
- Serve half of the scallops over all of the cellophane noodles and top with scallions. Reserve remaining scallops for salad, if desired.

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:2.41, Inflammation Score:-3, Nutrition Score:12.439130544662%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 393.33kcal (19.67%), Fat: 6.37g (9.8%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 59.89g (19.96%), Net Carbohydrates: 59.21g (21.53%), Sugar: 3.25g (3.61%), Cholesterol: 40.82mg (13.61%), Sodium: 1249.81mg (54.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.33g (44.67%), Phosphorus: 619.24mg (61.92%), Vitamin B12: 2.4µg (39.97%), Selenium: 26.77µg (38.24%), Vitamin K: 19.8µg (18.85%), Zinc: 1.96mg (13.1%), Magnesium: 52.34mg (13.09%), Potassium: 440.66mg (12.59%), Iron: 2.26mg (12.55%), Manganese: 0.22mg (10.91%), Vitamin B6: 0.21mg (10.63%), Folate: 39.48µg (9.87%), Vitamin B3: 1.56mg (7.78%), Vitamin B1: 0.11mg (7.45%), Copper: 0.11mg (5.4%), Vitamin B5: 0.49mg (4.94%), Vitamin B2: 0.07mg (4.3%), Calcium: 38.87mg (3.89%), Vitamin E: 0.53mg (3.53%), Fiber: 0.68g (2.71%), Vitamin C: 1.88mg (2.28%), Vitamin A: 105.23IU (2.1%)