



Scallop and Snow Pea Stir-fry

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 tablespoons garlic minced
- ☐ 2 tablespoons green onions chopped
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 3 tablespoons soya sauce reduced-sodium
- ☐ 1 pound sea scallops halved
- ☐ 8 ounces snow peas
- ☐ 1 tablespoon vegetable oil

☐ 6 oz wheat noodles dried cooked thin

Equipment

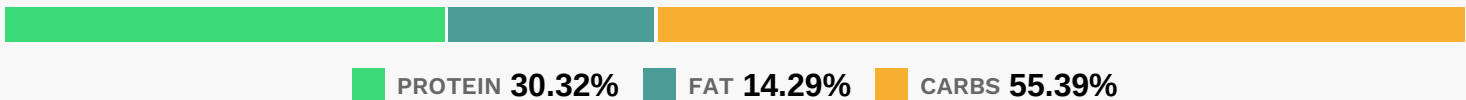
☐ frying pan

☐ wok

Directions

- ☐ In a large wok or nonstick frying pan, heat oil over medium-high heat.
- ☐ Add garlic and ginger and cook, stirring, until fragrant, about 30 seconds.
- ☐ Add scallops and stir to coat with garlic mixture, then cook 1 minute.
- ☐ Mix in snow peas and cook 1 minute. Stir in broth and soy sauce and cook just until simmering.
- ☐ Sprinkle with green onions and mix with noodles.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:22.619130445563%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 301.38kcal (15.07%), Fat: 4.93g (7.58%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 42.98g (14.33%), Net Carbohydrates: 41.19g (14.98%), Sugar: 2.54g (2.82%), Cholesterol: 27.22mg (9.07%), Sodium: 892.66mg (38.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.53g (47.07%), Manganese: 1.59mg (79.37%), Selenium: 46.63µg (66.61%), Phosphorus: 555.7mg (55.57%), Vitamin C: 36.01mg (43.64%), Magnesium: 111.05mg (27.76%), Vitamin B12: 1.63µg (27.14%), Vitamin K: 26.71µg (25.44%), Vitamin B1: 0.32mg (21.06%), Vitamin B3: 3.93mg (19.65%), Iron: 3.51mg (19.51%), Folate: 73.9µg (18.48%), Vitamin B6: 0.35mg (17.38%), Zinc: 2.39mg (15.91%), Potassium: 543.75mg (15.54%), Copper: 0.31mg (15.36%), Vitamin A: 649.99IU (13%), Vitamin B5: 1.16mg (11.59%), Vitamin B2: 0.17mg (9.93%), Fiber: 1.79g (7.16%), Calcium: 62.93mg (6.29%), Vitamin E: 0.58mg (3.85%)