



Scallop and Sugar Snap Pea Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup slivered basil leaves fresh
- ☐ 0.3 teaspoon chile flakes hot
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup fat-skimmed chicken broth
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 2 tablespoons rice wine
- ☐ 12 ounces sea scallops dry rinsed

- ☐ 12 ounces sugar snap peas trimmed
- ☐ 2 tablespoons vegetable oil

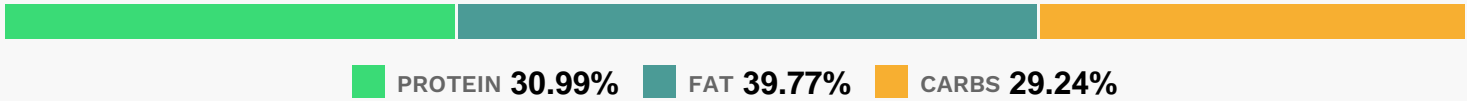
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Cut sugar snap peas on the diagonal into about 1/2-inch lengths.
- ☐ Cut scallops in half to form half-moon shapes.
- ☐ In a small bowl or glass measure, whisk chicken broth, mirin, and cornstarch until well blended.
- ☐ Pour oil into a 12-inch nonstick frying pan or 14-inch wok over high heat. When hot, stir in green onions, garlic, and chile flakes. Stir until fragrant, 30 to 45 seconds.
- ☐ Add scallops and cook, stirring occasionally, until surface of scallops is mostly opaque, about 2 minutes. Stir in sugar snap peas, and pour in broth mixture. Cook, stirring, until sauce is thick and glossy and scallops are opaque but still moist-looking in center of thickest part (cut to test), 2 to 3 minutes.
- ☐ Stir in half the basil, then pour into a serving bowl and sprinkle with remaining basil.
- ☐ Serve with cooked rice.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.25, Inflammation Score:-8, Nutrition Score:15.224347777989%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 178.3kcal (8.92%), Fat: 7.49g (11.52%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 9.95g (3.62%), Sugar: 3.55g (3.95%), Cholesterol: 20.41mg (6.8%), Sodium: 456.17mg (19.83%), Alcohol: 1.21g (100%), Alcohol %: 0.69% (100%), Protein: 13.13g (26.26%), Vitamin C: 52.76mg (63.95%), Vitamin K: 52.59µg (50.09%), Phosphorus: 339.19mg (33.92%), Vitamin A: 1152.43IU (23.05%), Vitamin B12: 1.26µg (20.93%), Selenium: 12.6µg (18%), Manganese: 0.3mg (15.05%), Folate: 53.67µg (13.42%), Iron: 2.35mg (13.03%), Vitamin B6: 0.24mg (11.8%), Potassium: 382.48mg (10.93%), Magnesium: 43.12mg (10.78%), Fiber: 2.44g (9.76%), Vitamin B1: 0.14mg (9.5%), Vitamin B5: 0.88mg (8.76%), Zinc: 1.08mg (7.18%), Vitamin B3: 1.34mg (6.69%), Vitamin E: 0.98mg (6.52%), Copper: 0.12mg (5.75%), Vitamin B2: 0.09mg (5.58%), Calcium: 54.73mg (5.47%)