



Scallop Dumplings in Asian Broth



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 cups chicken broth low-sodium canned
- ☐ 1 sprigs cilantro scallions sliced for garnish
- ☐ 1 teaspoon cornstarch
- ☐ 1 large egg white
- ☐ 2 teaspoons ginger fresh minced
- ☐ 3 large garlic cloves smashed
- ☐ 0.5 teaspoon kosher salt
- ☐ 12 inch lemon zest

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 4 servings salt and pepper freshly ground
- ☐ 3 cups savoy cabbage thinly sliced
- ☐ 1 scallion coarsely chopped
- ☐ 1 pound sea scallops halved
- ☐ 1.5 teaspoons asian sesame oil
- ☐ 16 snow peas julienned
- ☐ 1 tablespoon soya sauce
- ☐ 2 teaspoons soya sauce
- ☐ 2 teaspoons vegetable oil

Equipment

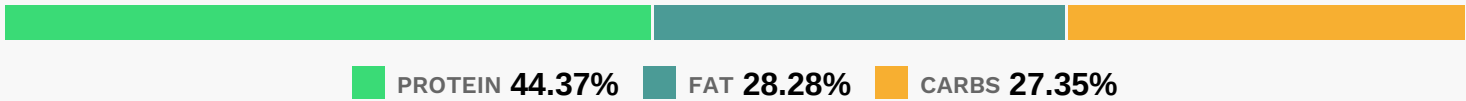
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ MAKE THE DUMPLINGS: In a food processor, blend the egg white with the soy sauce, scallion, ginger, vegetable oil, sesame oil, cornstarch, salt and pepper.
- ☐ Add all but 3 of the scallops and process to a coarse paste. Scrape the paste into a bowl.
- ☐ Cut the remaining scallops into 1/2-inch dice and fold them into the paste. Cover and refrigerate.
- ☐ MAKE THE BROTH: In a large saucepan, combine the broth with the lemon zest, garlic, soy sauce, ginger and a pinch each of salt and pepper. Cover and simmer for 20 minutes.
- ☐ Remove from the heat and discard the lemon zest and garlic.
- ☐ Add the snow peas and cabbage and bring to a simmer.
- ☐ Drop scant tablespoons of the scallop paste into the broth, then cover and simmer over low heat until the dumplings are just cooked through, about 2 minutes. Ladle into bowls, top with the garnishes and serve.

Notes: One Serving – Calories 218 kcal, Total Fat 2 gm, Saturated Fat 6 gm, Protein 27 gm, Carbohydrates 12 gm

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:0.85, Inflammation Score:-7, Nutrition Score:15.949565109999%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 191.64kcal (9.58%), Fat: 6.28g (9.67%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 10.89g (3.96%), Sugar: 2.31g (2.57%), Cholesterol: 27.22mg (9.07%), Sodium: 1457.67mg (63.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.18g (44.36%), Phosphorus: 499.63mg (49.96%), Vitamin K: 47.95µg (45.67%), Vitamin C: 29.82mg (36.15%), Vitamin B12: 1.87µg (31.2%), Vitamin B3: 4.99mg (24.96%), Selenium: 17.14µg (24.49%), Potassium: 654.31mg (18.69%), Folate: 66.61µg (16.65%), Vitamin B6: 0.28mg (13.78%), Magnesium: 50.15mg (12.54%), Vitamin A: 606.49IU (12.13%), Copper: 0.23mg (11.5%), Manganese: 0.22mg (11.2%), Fiber: 2.78g (11.12%), Zinc: 1.55mg (10.32%), Vitamin B2: 0.17mg (10.28%), Iron: 1.64mg (9.09%), Calcium: 57.06mg (5.71%), Vitamin B5: 0.46mg (4.6%), Vitamin B1: 0.07mg (4.44%), Vitamin E: 0.35mg (2.36%)