



Scallops with Asian Noodle Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bean sprouts
- ☐ 4 ounces bean thread noodles (cellophane noodles)
- ☐ 2 tablespoons carrots shredded finely
- ☐ 1 teaspoon chili-garlic sauce
- ☐ 1 cup matchstick-size strips cucumber peeled seeded
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped

- ☐ 1 large garlic clove chopped
- ☐ 1 tablespoon lemongrass finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup roasted peanuts salted chopped
- ☐ 1 pound sea scallops
- ☐ 1 teaspoon serrano chili minced
- ☐ 2 shallots thinly sliced
- ☐ 1.3 cups snow peas thinly sliced
- ☐ 0.5 teaspoon sugar
- ☐ 0.3 cup thai fish sauce (nam pla)
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup water

Equipment

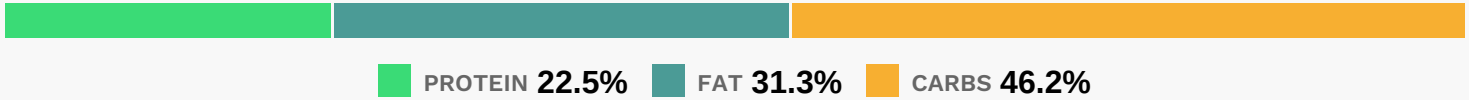
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Pull noodles apart; place in large bowl.
- ☐ Pour enough boiling water over to cover generously. Soak noodles until tender, stirring occasionally, about 1 hour.
- ☐ Drain; return to same bowl.
- ☐ Cut noodles in half (or in thirds if very long).
- ☐ Add snow peas, bean sprouts, cucumber, herbs, peanuts, and carrot to noodles and toss to blend.
- ☐ Combine 1/3 cup water and all remaining ingredients in small bowl; whisk to blend. Season dressing to taste with salt and pepper. Stir dressing into noodle mixture.
- ☐ Let stand 15 minutes, tossing occasionally.

- ☐
- Sprinkle scallops with sugar, salt, and pepper.
- ☐
- Heat oil in large skillet over medium-high heat.
- ☐
- Add shallots, lemongrass, and garlic; stir 1 minute.
- ☐
- Add scallops; sauté until just opaque in center, about 3 minutes.
- ☐
- Divide salad among 4 plates; top with scallops and serve.
- ☐
- * Available at Asian markets and in the produce section and/or Asian foods section of some supermarkets.

Nutrition Facts



Properties

Glycemic Index:73.48, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:19.153477938279%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 343.67kcal (17.18%), Fat: 12.1g (18.62%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 40.19g (13.4%), Net Carbohydrates: 36.69g (13.34%), Sugar: 5.59g (6.21%), Cholesterol: 27.22mg (9.07%), Sodium: 1699.52mg (73.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.58g (39.16%), Phosphorus: 479.64mg (47.96%), Vitamin K: 42.18µg (40.17%), Vitamin A: 1917.74IU (38.35%), Vitamin C: 29.79mg (36.1%), Manganese: 0.63mg (31.55%), Selenium: 19.48µg (27.82%), Vitamin B12: 1.67µg (27.81%), Magnesium: 92.63mg (23.16%), Folate: 84.18µg (21.05%), Potassium: 610.91mg (17.45%), Vitamin B6: 0.35mg (17.32%), Iron: 2.86mg (15.91%), Vitamin B3: 3.16mg (15.82%), Fiber: 3.51g (14.02%), Copper: 0.25mg (12.59%), Vitamin B1: 0.18mg (12.18%), Zinc: 1.77mg (11.82%), Vitamin B5: 0.93mg (9.3%), Calcium: 72.46mg (7.25%), Vitamin B2: 0.12mg (7.11%), Vitamin E: 0.87mg (5.79%)