



## Scallops with Mild Creamy Ginger Sauce

 Gluten Free  Low Fod Map

READY IN



14 min.

SERVINGS



5

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons butter
- 2 tablespoons ginger fresh grated peeled
- 0.7 cup coconut milk light
- 0.3 teaspoon paprika
- 0.5 teaspoon salt divided
- 1.5 pounds sea scallops ( 36 scallops)

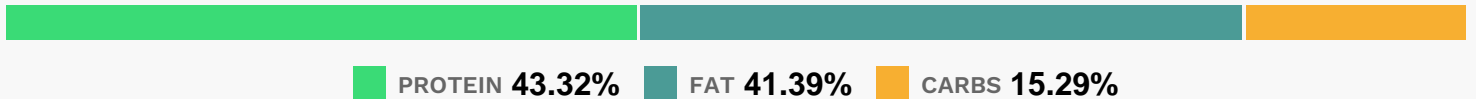
### Equipment

- frying pan
- paper towels
- slotted spoon

## Directions

- Rinse scallops and blot dry on paper towels.
- Heat a large nonstick skillet coated with cooking spray over medium heat.
- Add scallops; sprinkle lightly with 1/4 teaspoon salt and paprika. Cook 3 minutes on each side or until opaque in center.
- Remove scallops with a slotted spoon. Set aside; keep warm.
- Add coconut milk and ginger to pan drippings. Cook 1 minute, scraping pan to loosen browned bits.
- Remove from heat. Stir in butter and 1/4 teaspoon salt; stir until butter melts.
- Pour sauce over scallops.
- Sprinkle with black pepper.

## Nutrition Facts



## Properties

Glycemic Index:22.4, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:7.1052173849033%

## Nutrients (% of daily need)

Calories: 159.04kcal (7.95%), Fat: 7.02g (10.8%), Saturated Fat: 4.84g (30.24%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 5.72g (2.08%), Sugar: 0.06g (0.07%), Cholesterol: 44.7mg (14.9%), Sodium: 824.65mg (35.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.53g (33.07%), Phosphorus: 457.27mg (45.73%), Vitamin B12: 1.93µg (32.14%), Selenium: 17.51µg (25.01%), Potassium: 295.58mg (8.45%), Zinc: 1.26mg (8.39%), Magnesium: 31.61mg (7.9%), Folate: 22.31µg (5.58%), Vitamin B6: 0.11mg (5.32%), Vitamin B3: 0.99mg (4.96%), Vitamin A: 193.83IU (3.88%), Iron: 0.57mg (3.15%), Vitamin B5: 0.31mg (3.08%), Manganese: 0.04mg (2.22%), Copper: 0.04mg (1.99%), Vitamin B2: 0.02mg (1.45%), Vitamin E: 0.17mg (1.12%), Calcium: 10.77mg (1.08%)