



 17%
HEALTH SCORE

Scallops with Thai Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8.8 ounces baby corns whole drained canned
- 2 tablespoons canola oil divided
- 5 servings angel hair pasta hot cooked
- 1 tablespoon cornstarch
- 2 tablespoons creamy peanut butter
- 2 garlic clove minced
- 1 small onion sliced
- 1 large bell pepper sweet red julienned

- 0.5 cup roasted cashews salted
- 1 pound scallops
- 1 tablespoons chili sauce
- 14 ounces vegetable stock canned

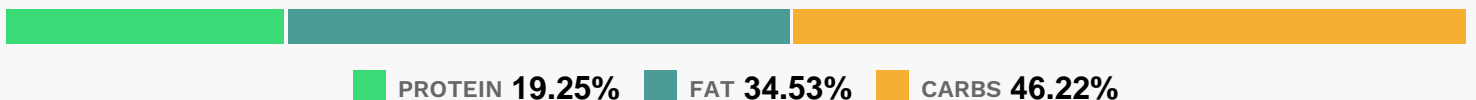
Equipment

- bowl
- frying pan
- slotted spoon

Directions

- In a small bowl, combine the cornstarch, broth, peanut butter and chili sauce until smooth; set aside.
- In a large skillet, saute scallops in 1 tablespoon oil for 2-3 minutes on each side or until firm and opaque.
- Remove with a slotted spoon and keep warm.
- In the same pan, saute the onion, red pepper and cashews in remaining oil for 3-5 minutes or until vegetables are crisp-tender.
- Add garlic; cook 1 minute longer.
- Stir cornstarch mixture and add to the pan. Bring to a boil; cook and stir for 1-2 minutes or until thickened.
- Add scallops and corn; heat through.
- Serve with pasta if desired.

Nutrition Facts



Properties

Glycemic Index:50.4, Glycemic Load:18.52, Inflammation Score:-9, Nutrition Score:20.107391326324%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 439.61kcal (21.98%), Fat: 17.33g (26.66%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 52.18g (17.39%), Net Carbohydrates: 47.71g (17.35%), Sugar: 7.14g (7.94%), Cholesterol: 21.77mg (7.26%), Sodium: 832.03mg (36.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.73g (43.47%), Vitamin C: 46.6mg (56.49%), Selenium: 36.37µg (51.95%), Phosphorus: 495.52mg (49.55%), Manganese: 0.65mg (32.73%), Vitamin A: 1350.03IU (27%), Magnesium: 100.64mg (25.16%), Copper: 0.48mg (24.03%), Vitamin B12: 1.28µg (21.32%), Vitamin B6: 0.37mg (18.61%), Fiber: 4.48g (17.91%), Zinc: 2.62mg (17.48%), Vitamin B3: 3.25mg (16.25%), Folate: 64.89µg (16.22%), Vitamin E: 2.36mg (15.76%), Potassium: 550.64mg (15.73%), Iron: 2.81mg (15.62%), Vitamin B5: 1.05mg (10.46%), Vitamin K: 10.8µg (10.29%), Vitamin B1: 0.14mg (9%), Vitamin B2: 0.13mg (7.86%), Calcium: 30.5mg (3.05%)