

Sea Scallop Stir-Fry

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound asparagus cut into 1-inch pieces (2 1/2 cups)
- ☐ 3 ounces japanese ramen noodles
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon hot sauce red
- ☐ 1 large bell pepper red cut into thin strips
- ☐ 0.8 pound scallops cut in half

- ☐ 1 teaspoon sesame oil
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil

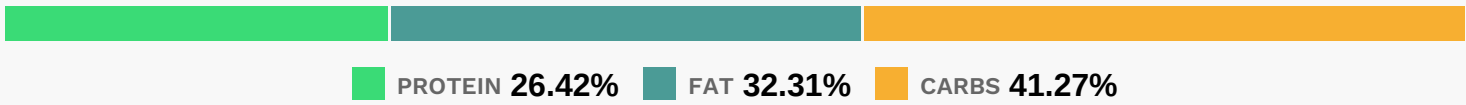
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Reserve seasoning packet from noodles. Cook and drain noodles as directed on package.
- ☐ While noodles are cooking, heat olive oil in wok or 12-inch skillet over high heat.
- ☐ Add asparagus, bell pepper, onion and garlic; stir-fry 2 to 3 minutes or until vegetables are crisp-tender.
- ☐ Add scallops; stir-fry until white.
- ☐ Mix contents of reserved seasoning packet, the soy sauce, lemon juice, sesame oil and pepper sauce; stir into scallop mixture. Stir in noodles; heat through.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:7.49, Inflammation Score:-9, Nutrition Score:19.846521605616%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 5.35mg, Isorhamnetin: 5.35mg, Isorhamnetin: 5.35mg, Isorhamnetin: 5.35mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.07mg, Quercetin: 14.07mg, Quercetin: 14.07mg, Quercetin: 14.07mg

Nutrients (% of daily need)

Calories: 228.56kcal (11.43%), Fat: 8.41g (12.93%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 24.16g (8.05%), Net Carbohydrates: 20.77g (7.55%), Sugar: 4.36g (4.85%), Cholesterol: 20.41mg (6.8%), Sodium: 1028.34mg

(44.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.47g (30.94%), Vitamin C: 61.6mg (74.67%), Vitamin K: 45.06µg (42.92%), Vitamin A: 1932.97IU (38.66%), Phosphorus: 375.92mg (37.59%), Folate: 104.99µg (26.25%), Vitamin B1: 0.38mg (25.38%), Selenium: 15.32µg (21.88%), Vitamin B12: 1.25µg (20.87%), Iron: 3.33mg (18.52%), Manganese: 0.36mg (18.16%), Vitamin B6: 0.32mg (16.04%), Vitamin E: 2.24mg (14.91%), Potassium: 508.96mg (14.54%), Vitamin B3: 2.91mg (14.53%), Vitamin B2: 0.24mg (13.83%), Fiber: 3.4g (13.59%), Copper: 0.24mg (12%), Magnesium: 44.07mg (11.02%), Zinc: 1.57mg (10.49%), Vitamin B5: 0.65mg (6.53%), Calcium: 40.94mg (4.09%)