



## Sea Scallops Adobo

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 small bay leaves
- 6 peppercorns black
- 1 tablespoon canola oil
- 2 cups chicken broth
- 2 garlic clove chopped
- 2 tablespoons olive oil
- 0.5 cup onion sliced
- 0.8 teaspoon pepper divided

- 1 portabello mushrooms diced
- 4 servings radish sprouts
- 0.5 teaspoon sea salt divided fine
- 12 medium scallops
- 2 tablespoons soya sauce
- 1 tablespoon sugar
- 1 tablespoon butter unsalted
- 0.5 cup vinegar white

## Equipment

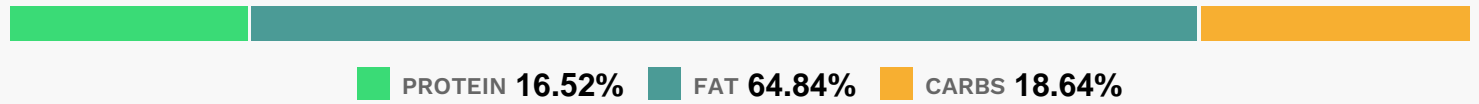
- bowl
- frying pan
- sauce pan
- ladle
- sieve

## Directions

- Saut onion in olive oil in a small saucepan over medium heat.
- Add garlic, bay leaves, and peppercorns; saut 30 seconds.
- Add vinegar and next 3 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 20 minutes or until reduced to 1 1/3 cups.
- Add 1/4 teaspoon sea salt and 1/4 teaspoon cracked pepper; strain sauce through a fine mesh sieve into a bowl. Keep warm.
- Melt butter in a large nonstick skillet over medium-high heat.
- Add diced mushroom, and saut until browned and tender; remove from pan, and keep warm.
- Sprinkle scallops with remaining 1/4 teaspoon sea salt and 1/2 teaspoon cracked pepper.
- Heat canola oil over medium-high heat until hot.
- Add scallops, and cook 6 to 8 minutes, turning once.

- Remove pan from heat; transfer scallops to a platter. Ladle 1/2 cup sauce into pan, scraping to loosen browned bits; return to bowl. Divide sauce among serving plates; top with scallops and sauted mushroom.
- Garnish, if desired.

## Nutrition Facts



### Properties

Glycemic Index:64.02, Glycemic Load:2.78, Inflammation Score:-3, Nutrition Score:6.7213043648264%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

### Nutrients (% of daily need)

Calories: 195.46kcal (9.77%), Fat: 13.97g (21.5%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 8.18g (2.97%), Sugar: 5.06g (5.62%), Cholesterol: 20.67mg (6.89%), Sodium: 1410.06mg (61.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.02%), Phosphorus: 201.61mg (20.16%), Selenium: 10.77µg (15.38%), Manganese: 0.26mg (13.21%), Vitamin E: 1.76mg (11.76%), Vitamin B12: 0.67µg (11.24%), Vitamin B3: 1.94mg (9.72%), Vitamin K: 7.92µg (7.54%), Vitamin B2: 0.13mg (7.53%), Potassium: 253.9mg (7.25%), Vitamin B6: 0.13mg (6.49%), Copper: 0.12mg (6.19%), Folate: 19.78µg (4.94%), Zinc: 0.71mg (4.76%), Magnesium: 18.84mg (4.71%), Vitamin B5: 0.43mg (4.33%), Iron: 0.73mg (4.08%), Vitamin B1: 0.06mg (3.97%), Fiber: 0.86g (3.45%), Vitamin C: 2.26mg (2.74%), Calcium: 23.43mg (2.34%), Vitamin A: 101.57IU (2.03%)