



Seared Coriander Scallops with Bok Choy and Hoisin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 baby bok choy cut lengthwise into eighths
- ☐ 1 tablespoon coriander seeds crushed
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 tablespoons hoisin sauce
- ☐ 0.8 cup orange juice fresh
- ☐ 2 teaspoons oriental sesame oil
- ☐ 10 large sea scallops

☐ 2 tablespoons water

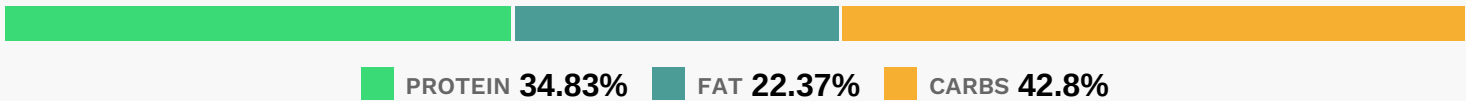
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ tongs

Directions

- ☐ Whisk orange juice, hoisin sauce, and ginger in small bowl. Pat scallops dry on paper towels.
- ☐ Sprinkle coriander seeds over top of scallops, pressing to adhere.
- ☐ Heat sesame oil in large nonstick skillet over high heat.
- ☐ Add scallops, coriander side down, and cook just until opaque in center, turning once, about 1 1/2 minutes per side.
- ☐ Transfer scallops to plate.
- ☐ Add bok choy and 2 tablespoons water to skillet; sauté until wilted, about 2 minutes. Using tongs, divide bok choy between 2 plates, then top with scallops.
- ☐ Add hoisin mixture to same skillet; boil until reduced to 1/3 cup, about 2 minutes.
- ☐ Drizzle sauce over scallops and bok choy.
- ☐ *Hoisin sauce, a thick mixture of ground soybeans, garlic, chiles, and spices, is used as a condiment and ingredient in Chinese cooking. It can be found in the Asian foods section of many supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:4.98, Inflammation Score:-10, Nutrition Score:20.015217361243%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 239.65kcal (11.98%), Fat: 5.92g (9.11%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 22.64g (8.23%), Sugar: 13.34g (14.83%), Cholesterol: 36.48mg (12.16%), Sodium: 923.47mg (40.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.75g (41.49%), Vitamin C: 98.04mg (118.84%), Vitamin A: 5219.96IU (104.4%), Phosphorus: 533.79mg (53.38%), Vitamin B12: 2.12µg (35.25%), Selenium: 20.25µg (28.93%), Calcium: 167.15mg (16.71%), Potassium: 552.52mg (15.79%), Magnesium: 56.33mg (14.08%), Folate: 55.8µg (13.95%), Iron: 2.15mg (11.95%), Fiber: 2.85g (11.41%), Zinc: 1.59mg (10.59%), Vitamin B3: 1.68mg (8.41%), Vitamin B6: 0.16mg (7.99%), Vitamin B1: 0.1mg (6.75%), Manganese: 0.13mg (6.56%), Copper: 0.13mg (6.36%), Vitamin B2: 0.09mg (5.47%), Vitamin B5: 0.51mg (5.14%)