



Seared Scallops with Asian Lime-chile Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons fish sauce
- 1 small garlic clove chopped
- 1 tablespoon juice of lime fresh
- 1 tablespoon olive oil
- 1 small to 5 chilies fresh red hot chopped ()
- 1 pound scallops
- 2 tablespoons seasoned rice vinegar
- 2.3 teaspoons sugar

1.5 tablespoons water

Equipment

frying pan

blender

skewers

mortar and pestle

Directions

Soak skewers in water 30 minutes.

Pound garlic, chile, and sugar to a fine paste with a mortar and pestle. Stir paste together with vinegar, fish sauce, water, and lime juice. (Alternatively, purée sauce ingredients together in a blender.)

Pat scallops dry. Thread 4 on each skewer (flat sides facing out; see photo), then brush both sides with oil (2 teaspoons total for 4 skewers). Season scallops with salt and pepper.

Brush a 12-inch nonstick skillet with remaining teaspoon oil and heat over high heat until hot but not smoking. Sear scallops, turning over once, until just cooked through, about 6 minutes total.

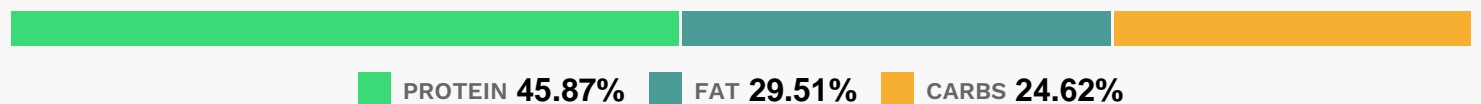
Serve scallops with sauce spooned over.

Sauce may be made 1 day ahead and chilled, covered. Bring to room temperature before serving.

Each serving about 153 calories and 4 grams fat

Gourmet

Nutrition Facts



Properties

Glycemic Index:48.77, Glycemic Load:2.01, Inflammation Score:-4, Nutrition Score:8.0947825519935%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 128.99kcal (6.45%), Fat: 4.12g (6.34%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 7.53g (2.74%), Sugar: 3.24g (3.6%), Cholesterol: 27.22mg (9.07%), Sodium: 1152.77mg (50.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.4g (28.81%), Phosphorus: 386.21mg (38.62%), Vitamin B12: 1.64µg (27.37%), Selenium: 15.55µg (22.22%), Vitamin C: 17.57mg (21.3%), Magnesium: 43.91mg (10.98%), Vitamin B6: 0.19mg (9.3%), Potassium: 302.25mg (8.64%), Zinc: 1.09mg (7.28%), Folate: 25.72µg (6.43%), Vitamin B3: 1.16mg (5.78%), Manganese: 0.08mg (3.95%), Vitamin E: 0.59mg (3.94%), Iron: 0.66mg (3.65%), Vitamin K: 3.72µg (3.54%), Vitamin B5: 0.29mg (2.86%), Copper: 0.05mg (2.49%), Vitamin A: 113.52IU (2.27%), Vitamin B2: 0.03mg (1.98%), Calcium: 14.84mg (1.48%), Vitamin B1: 0.02mg (1.3%)