



Seared Scallops with Citrus Ginger Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cornstarch
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 teaspoon ginger fresh grated
- ☐ 4 inch diagonally cut green onions
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.3 cup mirin sweet (rice wine)
- ☐ 0.3 cup orange juice fresh

- ☐ 1 teaspoon vegetable oil; peanut oil preferred
- ☐ 0.3 teaspoon salt divided
- ☐ 1.5 pounds sea scallops
- ☐ 2 teaspoons roasted sesame oil divided
- ☐ 1 teaspoon water

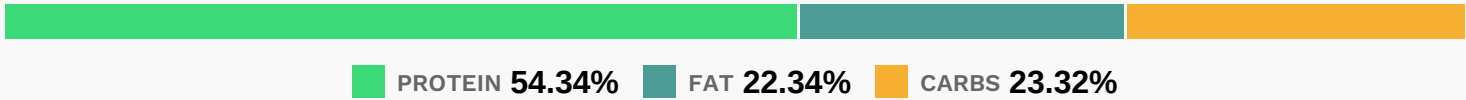
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat 1 teaspoon sesame oil in a large cast-iron or heavy skillet over high heat.
- ☐ Add onions; saut 1 minute or until wilted.
- ☐ Remove from pan; set aside.
- ☐ Add remaining 1 teaspoon sesame oil and peanut oil to pan. Pat scallops dry with paper towels; sprinkle with 1/8 teaspoon salt.
- ☐ Add scallops to pan; cook 2 minutes or until golden brown. Turn scallops; reduce heat to medium, and cook 1 minute or until scallops are done.
- ☐ Remove scallops from pan; keep warm.
- ☐ Add orange juice, mirin, lemon juice, soy sauce, ginger, red pepper, and remaining 1/8 teaspoon salt to pan; bring to a boil. Reduce heat, and simmer 3 minutes.
- ☐ Combine 1 teaspoon water and cornstarch; stir into sauce. Cook 30 seconds or until sauce begins to thicken.
- ☐ Add scallops to pan; toss to coat. Top with onions.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.86, Inflammation Score:-4, Nutrition Score:10.250434777011%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 179.39kcal (8.97%), Fat: 3.93g (6.05%), Saturated Fat: 0.68g (4.28%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 9.01g (3.28%), Sugar: 1.6g (1.78%), Cholesterol: 40.82mg (13.61%), Sodium: 1103.21mg (47.97%), Alcohol: 2.41g (100%), Alcohol %: 1.37% (100%), Protein: 21.51g (43.03%), Phosphorus: 586.93mg (58.69%), Vitamin B12: 2.4µg (39.97%), Selenium: 22.09µg (31.56%), Vitamin C: 11.14mg (13.5%), Potassium: 429.34mg (12.27%), Magnesium: 46.77mg (11.69%), Zinc: 1.64mg (10.95%), Folate: 38.56µg (9.64%), Vitamin B6: 0.15mg (7.55%), Vitamin B3: 1.38mg (6.92%), Vitamin K: 5.68µg (5.41%), Iron: 0.87mg (4.83%), Vitamin B5: 0.43mg (4.34%), Manganese: 0.07mg (3.64%), Vitamin B2: 0.05mg (3.16%), Copper: 0.06mg (2.82%), Vitamin B1: 0.03mg (2.17%), Vitamin A: 98.94IU (1.98%), Vitamin E: 0.3mg (1.98%), Calcium: 17.9mg (1.79%)