



Sesame Scallops with Citrus Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon lemon rind grated
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.3 cup mirin sweet rice wine

- ☐ 1 tablespoon orange juice fresh
- ☐ 0.3 teaspoon orange rind grated
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 0.3 teaspoon salt divided
- ☐ 1 pound sea scallops
- ☐ 1 tablespoon sesame seed toasted
- ☐ 1 teaspoon water

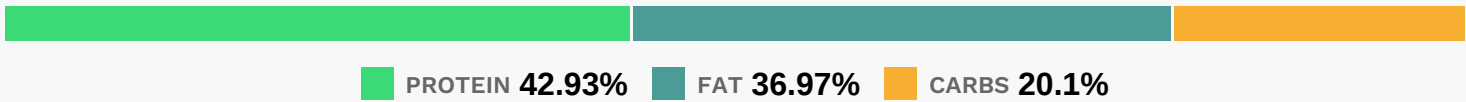
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine cornstarch and 1 teaspoon water; set aside.
- ☐ Pat scallops dry with paper towels.
- ☐ Sprinkle scallops evenly with 1/8 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Heat peanut oil in a large nonstick skillet over medium-high heat.
- ☐ Add scallops to pan; cook 2 minutes on each side or until done.
- ☐ Transfer scallops to a platter.
- ☐ Add garlic to pan; saut 30 seconds.
- ☐ Add remaining 1/8 teaspoon salt, remaining 1/8 teaspoon pepper, mirin, and next 6 ingredients (through sesame oil). Stir in cornstarch mixture; bring to a boil. Cook 1 minute or until sauce thickens, stirring constantly.
- ☐ Pour sauce over scallops; sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:7.3395652187907%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 160.4kcal (8.02%), Fat: 5.59g (8.6%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 6.47g (2.35%), Sugar: 0.49g (0.55%), Cholesterol: 27.22mg (9.07%), Sodium: 734.83mg (31.95%), Alcohol: 3.22g (100%), Alcohol %: 2.64% (100%), Protein: 14.6g (29.2%), Phosphorus: 401.64mg (40.16%), Vitamin B12: 1.6µg (26.65%), Selenium: 15.64µg (22.34%), Magnesium: 37.1mg (9.27%), Zinc: 1.24mg (8.26%), Potassium: 278.45mg (7.96%), Folate: 23.97µg (5.99%), Vitamin B6: 0.12mg (5.93%), Copper: 0.12mg (5.93%), Manganese: 0.12mg (5.78%), Vitamin C: 4.14mg (5.02%), Vitamin B3: 0.96mg (4.81%), Iron: 0.84mg (4.66%), Vitamin E: 0.59mg (3.92%), Calcium: 31.61mg (3.16%), Vitamin B5: 0.28mg (2.78%), Vitamin B1: 0.03mg (2.13%), Vitamin B2: 0.03mg (2.04%), Fiber: 0.36g (1.45%)