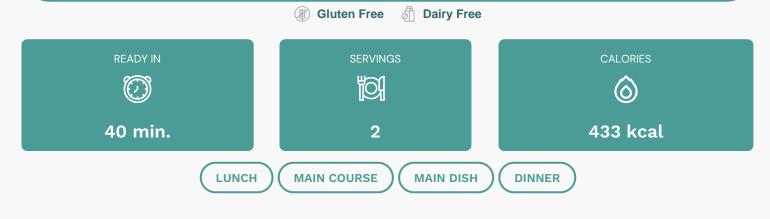


Shrimp and Scallops with Asian Eggplant



Ingredients

	1 tablespoon juice of lime fresh
	0.3 cup water
	0.3 teaspoon chili paste depending on your taste pref
	0.5 lb shrimp shelled deveined (12)
	0.5 lb eggplant italian halved lengthwise
	3.5 tablespoons vegetable oil
	0.5 lb scallops
Г	1 tablespoon cilantro leaves fresh

	1 teaspoons sugar	
	2 spring onion	
	1 tablespoon basil fresh	
	1 tablespoon soya sauce	
Eq	uipment	
	frying pan	
Dii	rections	
	Cut scallion greens into 1-inch lengths, reserving white parts for another use.	
	Pat shellfish dry and season with salt and pepper.	
	Heat 11/2 tablespoons oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then stir-fry eggplant with salt and pepper until golden brown on both sides and cooked through (add 11/2 tablespoons more oil if eggplant is sticking to skillet).	
	Transfer eggplant to a plate as cooked and keep warm, covered.	
	Add 2 tablespoons oil to skillet and sear shrimp and scallops in batches, without crowding, until just cooked through, about 4 minutes.	
	Transfer to plate and keep warm, covered.	
	Add water, soy sauce, sugar, and chile paste to skillet and simmer, stirring, until reduced by half. Stir in lime juice.	
	Serve shellfish and eggplant with sauce, scallion greens, cilantro, and basil.	
	•Eggplant is a sponge for oil. Don't add more oil, even if skillet looks dry, unless eggplant sticks.	
Nutrition Facts		
	PROTEIN 35.3% FAT 51.53% CARBS 13.17%	

Properties

Glycemic Index:124.55, Glycemic Load:2.63, Inflammation Score:-5, Nutrition Score:18.162608664969%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.03mg, Naringenin: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 433.12kcal (21.66%), Fat: 25.19g (38.76%), Saturated Fat: 3.93g (24.59%), Carbohydrates: 14.49g (4.83%), Net Carbohydrates: 10.65g (3.87%), Sugar: 6.62g (7.35%), Cholesterol: 209.79mg (69.93%), Sodium: 1088.3mg (47.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.83g (77.66%), Vitamin K: 77.4µg (73.71%), Phosphorus: 666.81mg (66.68%), Copper: 0.6mg (29.77%), Vitamin B12: 1.6µg (26.65%), Potassium: 858.84mg (24.54%), Magnesium: 88.18mg (22.04%), Selenium: 15.03µg (21.47%), Manganese: 0.4mg (19.88%), Zinc: 2.84mg (18.92%), Vitamin E: 2.38mg (15.89%), Fiber: 3.84g (15.36%), Folate: 54.01µg (13.5%), Vitamin B6: 0.21mg (10.45%), Calcium: 104.01mg (10.4%), Vitamin B3: 1.98mg (9.92%), Iron: 1.73mg (9.59%), Vitamin C: 7.33mg (8.89%), Vitamin B5: 0.62mg (6.18%), Vitamin B2: 0.09mg (5.02%), Vitamin B1: 0.07mg (4.47%), Vitamin A: 220.36IU (4.41%)