



Shrimp and Scallops with Asian Eggplant

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



2

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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
- 1 tablespoon cilantro leaves fresh

- 1 teaspoons sugar
- 2 spring onion
- 1 tablespoon basil fresh
- 1 tablespoon soya sauce

Equipment

- frying pan

Directions

- Cut scallion greens into 1-inch lengths, reserving white parts for another use.
- Pat shellfish dry and season with salt and pepper.
- Heat 1 1/2 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 1 1/2 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: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg 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%)