



Soy Citrus Marinated Scallops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



6

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup juice of lemon fresh
- 0.3 cup juice of lime fresh
- 6 servings the salad
- 2 lb scallops
- 2 teaspoons sesame oil
- 2 teaspoons sesame seed black toasted (preferably)
- 0.7 cup soya sauce
- 3 tablespoons sugar

- 2 teaspoons vegetable oil

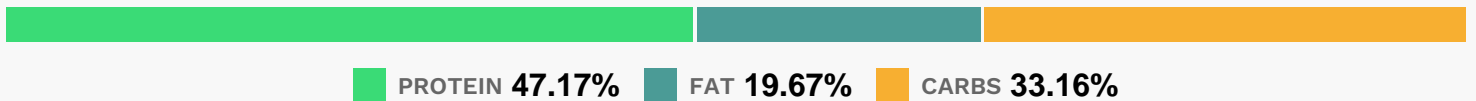
Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk together soy sauce, lemon and lime juices, sugar, ginger, and sesame oil in a wide shallow nonreactive bowl.
- Add scallops and marinate, covered, at room temperature, 5 minutes on each side (do not marinate any longer, or scallops will become mushy once cooked).
- Transfer scallops to a plate and reserve marinade.
- Heat 1/2 teaspoon vegetable oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté scallops, 6 to 8 at a time, until golden brown and just cooked through, 2 to 3 minutes on each of the 2 flat sides, transferring to a plate as cooked. Wipe out skillet and add 1/2 teaspoon oil between batches.
- Wipe out skillet again, then add marinade and boil until reduced to about 1/3 cup, about 2 minutes.
- Drizzle scallops with sauce.
- Each serving contains about 198 calories and 5 grams fat.
- Gourmet

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:4.4, Inflammation Score:-6, Nutrition Score:11.654347725537%

Flavonoids

Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 2.38mg, Hesperetin: 2.38mg, Hesperetin: 2.38mg, Hesperetin: 2.38mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg,

Naringenin: 0.18mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 182.92kcal (9.15%), Fat: 4.01g (6.17%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 14.86g (5.4%), Sugar: 6.85g (7.62%), Cholesterol: 36.29mg (12.1%), Sodium: 2043.48mg (88.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.64g (43.28%), Phosphorus: 560.53mg (56.05%), Vitamin B12: 2.13µg (35.53%), Selenium: 20.01µg (28.58%), Vitamin C: 16.24mg (19.68%), Potassium: 458.91mg (13.11%), Magnesium: 51.73mg (12.93%), Folate: 47.32µg (11.83%), Vitamin B3: 2.36mg (11.78%), Manganese: 0.23mg (11.64%), Zinc: 1.64mg (10.91%), Vitamin B6: 0.21mg (10.39%), Vitamin A: 464.65IU (9.29%), Iron: 1.56mg (8.65%), Copper: 0.12mg (6.08%), Vitamin B2: 0.09mg (5.16%), Vitamin B5: 0.5mg (4.96%), Vitamin B1: 0.05mg (3.2%), Vitamin K: 3µg (2.86%), Calcium: 28.01mg (2.8%), Fiber: 0.36g (1.42%), Vitamin E: 0.18mg (1.2%)