



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

- ☐ 2 teaspoons ginger fresh finely grated peeled
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup juice of lime fresh
- ☐ 6 servings accompaniment: soba salad
- ☐ 2 lb sea scallops
- ☐ 2 teaspoons asian sesame oil
- ☐ 2 teaspoons garnish: sesame seeds black toasted (preferably)
- ☐ 0.7 cup soya sauce

- ☐ 3 tablespoons sugar
- ☐ 2 teaspoons vegetable oil

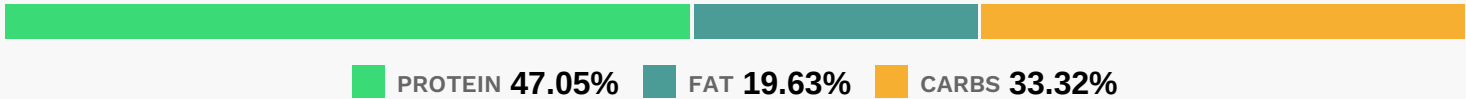
Equipment

- ☐ 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:22.52, Glycemic Load:4.42, Inflammation Score:-6, Nutrition Score:11.681304361509%

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: 183.45kcal (9.17%), Fat: 4.01g (6.18%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 14.96g (5.44%), Sugar: 6.87g (7.63%), Cholesterol: 36.29mg (12.1%), Sodium: 2043.56mg (88.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.3%), Phosphorus: 560.76mg (56.08%), Vitamin B12: 2.13µg (35.53%), Selenium: 20.01µg (28.59%), Vitamin C: 16.27mg (19.72%), Potassium: 461.68mg (13.19%), Magnesium: 52.02mg (13%), Folate: 47.39µg (11.85%), Vitamin B3: 2.36mg (11.8%), Manganese: 0.23mg (11.72%), Zinc: 1.64mg (10.92%), Vitamin B6: 0.21mg (10.44%), Vitamin A: 464.65IU (9.29%), Iron: 1.56mg (8.68%), Copper: 0.12mg (6.15%), Vitamin B2: 0.09mg (5.17%), Vitamin B5: 0.5mg (4.97%), Vitamin B1: 0.05mg (3.21%), Vitamin K: 3µg (2.86%), Calcium: 28.12mg (2.81%), Fiber: 0.37g (1.48%), Vitamin E: 0.18mg (1.21%)