



 **62%**
HEALTH SCORE

Soy Citrus Scallops with Soba Noodles

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



20 min.

SERVINGS



4

CALORIES



720 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon sriracha (such as Lee Kum Kee)
- 1 tablespoon sesame oil dark divided
- 0.5 teaspoon ginger fresh minced peeled
- 0.3 cup spring onion thinly sliced
- 1 tablespoon honey
- 3 tablespoons soy sauce low-sodium
- 1 tablespoon orange juice fresh
- 1 tablespoon rice vinegar

- 0.1 teaspoon salt
- 1 pound scallops
- 4 cups bulgar wheat hot cooked uncooked (6 ounces buckwheat noodles)

Equipment

- frying pan
- whisk
- baking pan

Directions

- Combine first 6 ingredients and 1 teaspoon oil in a shallow baking dish; add scallops to dish in a single layer. Marinate 4 minutes on each side.
- Heat remaining 2 teaspoons oil in a large skillet over medium-high heat.
- Remove scallops from dish, reserving marinade.
- Add scallops to pan; saut 1 minute on each side or until almost done.
- Remove scallops from pan; keep warm.
- Place remaining marinade in pan; bring to a boil. Return scallops to pan; cook 1 minute. Toss noodles with salt and green onions.
- Place 1 cup noodle mixture on each of 4 plates. Top each serving with about 3 scallops, and drizzle with 1 tablespoon sauce.
- Steamed peas vinaigrette: Steam 1 cup snow peas and 1 cup trimmed sugar snap peas, covered, 3 minutes or until crisp-tender.
- Combine with 1/3 cup thinly sliced radishes.
- Combine 1 tablespoon rice vinegar, 1 tablespoon soy sauce, 2 teaspoons canola oil, 1 1/2 teaspoons mirin, 1/4 teaspoon black pepper, and 1/8 teaspoon kosher salt; stir with a whisk.
- Pour over peas mixture; toss.

Nutrition Facts



PROTEIN 19.62% FAT 11.66% CARBS 68.72%

Properties

Glycemic Index:63.32, Glycemic Load:56.95, Inflammation Score:-9, Nutrition Score:36.377390897792%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 26.82mg, Quercetin: 26.82mg, Quercetin: 26.82mg, Quercetin: 26.82mg

Nutrients (% of daily need)

Calories: 720.28kcal (36.01%), Fat: 9.89g (15.22%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 131.17g (43.72%), Net Carbohydrates: 113.89g (41.41%), Sugar: 4.93g (5.48%), Cholesterol: 27.22mg (9.07%), Sodium: 967.61mg (42.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.45g (74.9%), Manganese: 2.3mg (114.9%), Magnesium: 427.9mg (106.97%), Phosphorus: 992.06mg (99.21%), Copper: 1.91mg (95.59%), Fiber: 17.28g (69.13%), Vitamin B3: 12.93mg (64.63%), Vitamin B2: 0.78mg (45.69%), Selenium: 28.79µg (41.13%), Zinc: 5.25mg (34.97%), Potassium: 1086.32mg (31.04%), Vitamin B12: 1.6µg (26.65%), Iron: 4.46mg (24.77%), Vitamin B5: 2.4mg (23.95%), Vitamin B6: 0.47mg (23.31%), Folate: 79.83µg (19.96%), Vitamin K: 13.42µg (12.78%), Vitamin B1: 0.19mg (12.78%), Calcium: 46.61mg (4.66%), Vitamin C: 3.34mg (4.05%), Vitamin A: 74.21IU (1.48%)