



 **46%**
HEALTH SCORE

Soy Ginger Glazed Sea Scallops With Stir Fry Vegetables

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

READY IN



45 min.

SERVINGS



2

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup asparagus chopped
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 1 teaspoon cornstarch
- 1 teaspoon garlic minced
- 1 tablespoon ginger grated
- 2 cups bell pepper red sliced

- 2 tablespoons spring onion chopped
- 0.5 pound scallops
- 2 teaspoons sesame oil
- 2 teaspoons sesame seed toasted
- 0.5 cup soya sauce
- 0.5 cup teriyaki sauce
- 2 cups bell pepper yellow sliced

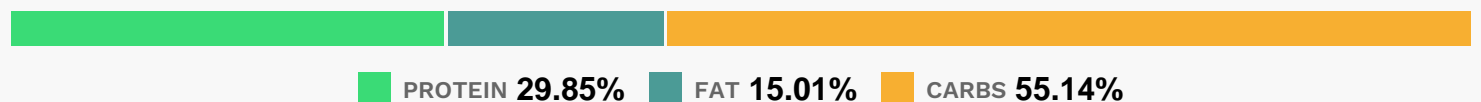
Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk all teriyaki sauce ingredients together in a small bowl and refrigerate for at least 30 minutes.
- Heat sesame oil in a large frying pan over medium-high heat.
- Add vegetables and saute for 5 minutes, until beginning to soften. Stir in teriyaki sauce and allow mixture to come to a simmer.
- Add scallops. Stir and cook mixture for 5 minutes, stirring occasionally until sauce thickens and scallops have turned an opaque white. In a small cup, mix cornstarch with two teaspoons of cold water until dissolved. Stir into the pan and let mixture come to a simmer for one minute to thicken fully and coat the scallops and vegetables.
- Serve!

Nutrition Facts



Properties

Glycemic Index:95.5, Glycemic Load:3.07, Inflammation Score:-10, Nutrition Score:35.988695652174%

Flavonoids

Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 11.93mg, Quercetin: 11.93mg, Quercetin: 11.93mg, Quercetin: 11.93mg

Taste

Sweetness: 68.05%, Saltiness: 100%, Sourness: 23.91%, Bitterness: 12.49%, Savoriness: 53.02%, Fattiness: 54.92%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 372.68kcal (18.63%), Fat: 6.51g (10.01%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 53.78g (17.93%), Net Carbohydrates: 46.87g (17.04%), Sugar: 30.52g (33.91%), Cholesterol: 27.22mg (9.07%), Sodium: 6457.62mg (280.77%), Protein: 29.12g (58.24%), Vitamin C: 469.66mg (569.28%), Vitamin A: 5533.25IU (110.66%), Phosphorus: 693.26mg (69.33%), Vitamin B6: 1.06mg (53.21%), Vitamin K: 48.17µg (45.87%), Folate: 182.79µg (45.7%), Manganese: 0.86mg (42.79%), Potassium: 1345.49mg (38.44%), Vitamin B3: 7.62mg (38.07%), Magnesium: 148.42mg (37.1%), Iron: 6.31mg (35.06%), Copper: 0.59mg (29.65%), Fiber: 6.92g (27.66%), Selenium: 19.04µg (27.2%), Vitamin B12: 1.6µg (26.65%), Vitamin B2: 0.43mg (25.09%), Vitamin E: 3.22mg (21.44%), Vitamin B1: 0.3mg (20.32%), Zinc: 2.55mg (17.02%), Vitamin B5: 1.55mg (15.5%), Calcium: 116.38mg (11.64%)