



 14%
HEALTH SCORE

Spicy Scallop and Snow Pea Stir-Fry

 Gluten Free  Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon canola oil
- 1 tablespoon cornstarch
- 1 teaspoon garlic minced
- 1 tablespoon ginger grated peeled
- 1 and orange peppers cut into thin 2-inch lengths
- 0.3 teaspoon pepper red crushed to taste (or)
- 2 tablespoons soy sauce
- 2 teaspoons rice vinegar

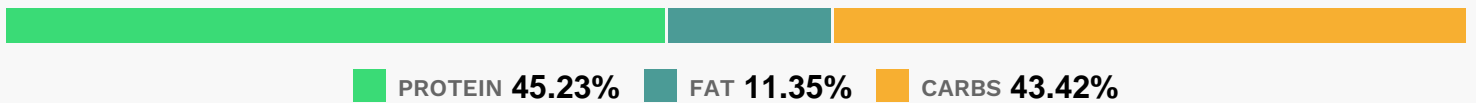
- 1 spring onion thinly sliced (optional garnish)
- 1 lb scallops (sea)
- 0.5 lb snow peas
- 1 tablespoon sugar
- 6 tablespoons water divided

Equipment

Directions

1. In a small bowl, whisk together 1/4 cup of the water with soy sauce, vinegar, and cornstarch until evenly blended. Whisk in sugar and red pepper flakes. Set aside.
2. Heat oil in a large nonstick skillet or wok over medium-high heat. Swirl to coat pan. When hot, add scallops. Cook undisturbed for 3 minutes until golden brown on one side. Transfer scallops to a plate and cover with foil. Set aside.
3. Add garlic, ginger, bell pepper, snow peas, and remaining 2 tablespoons of water to the pan. Cook and stir until snow peas become bright green. Rewhisk sauce and add it to the pan along with reserved scallops. The sauce will quickly thicken as it simmers. Toss and stir until vegetables are coated with sauce and scallops are done cooking, about 1 minute.
4. Divide among 4 bowls and garnish with sliced scallions, if desired. Serve with rice.

Nutrition Facts



Properties

Glycemic Index:57.27, Glycemic Load:2.63, Inflammation Score:-9, Nutrition Score:16.381304347826%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 146.64kcal (7.33%), Fat: 1.83g (2.82%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 13.44g (4.89%), Sugar: 6.67g (7.41%), Cholesterol: 27.22mg (9.07%), Sodium: 740.25mg (32.18%), Protein: 16.44g (32.88%), Vitamin C: 72.99mg (88.47%), Phosphorus: 433.4mg (43.34%), Vitamin A: 1618.23IU (32.36%), Vitamin B12: 1.6µg (26.65%), Selenium: 15.23µg (21.76%), Vitamin K: 22.7µg (21.62%), Folate: 61.33µg (15.33%), Vitamin B6: 0.29mg (14.47%), Potassium: 457.95mg (13.08%), Manganese: 0.25mg (12.54%), Magnesium: 49.68mg (12.42%), Iron: 1.95mg (10.82%), Fiber: 2.35g (9.38%), Zinc: 1.36mg (9.06%), Vitamin B5: 0.8mg (8%), Vitamin B3: 1.57mg (7.84%), Vitamin B1: 0.12mg (7.74%), Vitamin B2: 0.11mg (6.61%), Vitamin E: 0.97mg (6.46%), Copper: 0.09mg (4.74%), Calcium: 40.77mg (4.08%)