



## Stir-Fried Scallops with Broccoli



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 lb broccoli fresh
- ☐ 0.3 lb mushrooms fresh
- ☐ 1 lb scallops uncooked
- ☐ 0.3 cup roasted peppers red (from 7-oz jar)
- ☐ 1 cup rice long-grain white uncooked
- ☐ 2 cups water
- ☐ 2 tablespoons butter
- ☐ 3 tablespoons cornstarch

- ☐ 10.5 oz cream of chicken soup   canned
- ☐ 2 teaspoons soya sauce

## Equipment

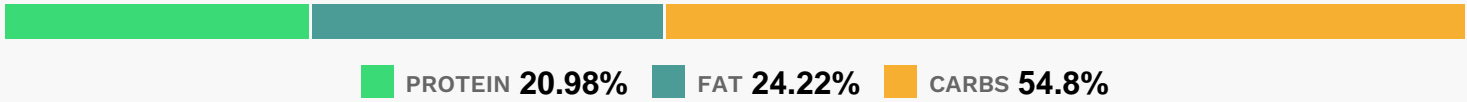
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve

## Directions

- ☐ Trim the large leaves from the broccoli, and cut off any tough ends of lower stems. Rinse broccoli with cool water.
- ☐ Cut stems and florets into bite-size pieces.
- ☐ Cut stem ends from the mushrooms, and cut the mushrooms into 1/4-inch slices.
- ☐ If the scallops are larger than 1 inch in diameter, cut each in half. Rinse with cool water, and pat dry with paper towels.
- ☐ Drain the roasted red peppers in a strainer; cut the red peppers into slices.
- ☐ In a 2-quart saucepan, heat the rice and water to boiling over medium-high heat, stirring occasionally to prevent sticking. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover with lid; cook about 15 minutes or until rice is fluffy and tender. While the rice is cooking, continue with the recipe.
- ☐ In a 3-quart saucepan or 12-inch skillet, melt the butter over medium heat.
- ☐ Add the mushrooms; cook about 5 minutes, stirring frequently, until tender when pierced with a fork.
- ☐ Stir in the scallops, broccoli and roasted red peppers. Cook 3 to 4 minutes, stirring frequently, until scallops are white and opaque.
- ☐ Remove the saucepan from the heat.
- ☐ Place the cornstarch in a medium bowl. Gradually stir the chicken broth into the cornstarch until the mixture is smooth. Stir the broth mixture and soy sauce into the scallop mixture.

- ☐
- Heat to boiling over high heat, stirring constantly. Continue boiling 1 minute, stirring constantly.
- ☐
- Serve over rice.

# Nutrition Facts



## Properties

Glycemic Index:45.8, Glycemic Load:25.51, Inflammation Score:-7, Nutrition Score:21.194782500682%

## Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

## Nutrients (% of daily need)

Calories: 416.11kcal (20.81%), Fat: 11.13g (17.12%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 56.65g (18.88%), Net Carbohydrates: 54.11g (19.67%), Sugar: 2.03g (2.26%), Cholesterol: 33.17mg (11.06%), Sodium: 1349.2mg (58.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.68g (43.37%), Vitamin C: 55.33mg (67.06%), Vitamin K: 60.93µg (58.03%), Phosphorus: 524.85mg (52.48%), Selenium: 27.18µg (38.84%), Manganese: 0.74mg (36.88%), Vitamin B12: 1.62µg (26.95%), Copper: 0.38mg (18.92%), Potassium: 613.69mg (17.53%), Vitamin B3: 3.38mg (16.91%), Folate: 65.88µg (16.47%), Vitamin B5: 1.63mg (16.25%), Vitamin A: 787.97IU (15.76%), Vitamin B2: 0.26mg (15.53%), Vitamin B6: 0.31mg (15.48%), Zinc: 2.18mg (14.51%), Magnesium: 57.68mg (14.42%), Iron: 2.32mg (12.86%), Fiber: 2.54g (10.17%), Vitamin B1: 0.12mg (7.86%), Vitamin E: 1.11mg (7.43%), Calcium: 67.63mg (6.76%)