



## Teppenyaki Scallops

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

READY IN



**30 min.**

SERVINGS



**2**

CALORIES



**289 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bird's eye chile thinly sliced
- 0.5 cup butternut squash julienned
- 2 servings soybean oil
- 0.5 cup edamame shelled cooked
- 1 clove garlic smashed finely chopped
- 1 teaspoon ginger grated
- 2 small matsutake mushrooms cut into quarters
- 2 tablespoons rice wine vinegar

- 2 tablespoons sake
- 3 scallions separated
- 4 jumbo diver sea scallops dry
- 4 tablespoons soya sauce divided
- 0.5 onion white thinly sliced
- 1 medium zucchini thinly sliced

## Equipment

- frying pan
- wok

## Directions

- Put a large skillet or a wok over medium-high heat and brush it with a little oil. When the pan is hot, add the zucchini slices in 1 layer and cook until they are lightly browned, about 1 minute. Turn them over and cook for another minute.
- Remove them to a plate.
- Brush the pan with some more oil and add the onions, squash, scallion whites, ginger, and chile pepper. Give them a good stir and cook until they begin to soften, about 3 to 4 minutes.
- Add 2 tablespoons of soy sauce and 1 tablespoon rice wine vinegar.
- Add the edamame, cook for another minute.
- Remove them to another plate.
- Brush the pan with some more oil and add the mushrooms and garlic. Cook until the mushrooms start to release their juices and add 1 tablespoon of soy sauce. Cook until most of the liquid has evaporated and remove them to a plate.
- Carefully wipe out the pan and brush it with some more oil.
- Add the scallops and cook them until they are nicely browned on both sides, about 1 to 2 minutes per side.
- Add the sake and cover the pan to steam the scallops and cook them through, about another 2 to 3 minutes.
- To serve: Divide the zucchini and lay them across each of 2 plates in a neat diagonal row. Divide the squash edamame mixture into 2 even, neat piles on the zucchini.

- Cut the scallops in half horizontally to make 2 even rounds. Lean the scallops seared sides up on the pile of the squash edamame mixture. Top each pile with a piece of mushroom.
- Garnish with the scallion greens and drizzle with the remaining soy sauce and rice wine vinegar.

## Nutrition Facts



### Properties

Glycemic Index:108, Glycemic Load:1.65, Inflammation Score:-10, Nutrition Score:19.436086939729%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

### Nutrients (% of daily need)

Calories: 289.04kcal (14.45%), Fat: 15.88g (24.43%), Saturated Fat: 2.29g (14.33%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 16.31g (5.93%), Sugar: 6.73g (7.48%), Cholesterol: 7.2mg (2.4%), Sodium: 2143.39mg (93.19%), Alcohol: 2.41g (100%), Alcohol %: 0.9% (100%), Protein: 13.6g (27.19%), Vitamin A: 4115.23IU (82.3%), Vitamin K: 67.96µg (64.72%), Vitamin C: 34.68mg (42.03%), Manganese: 0.54mg (26.88%), Potassium: 824.76mg (23.56%), Phosphorus: 223.89mg (22.39%), Vitamin B6: 0.39mg (19.31%), Fiber: 4.58g (18.3%), Iron: 3.02mg (16.8%), Folate: 63.19µg (15.8%), Vitamin B3: 3.01mg (15.07%), Magnesium: 60.03mg (15.01%), Vitamin B2: 0.22mg (13.16%), Vitamin E: 1.89mg (12.58%), Copper: 0.2mg (10.09%), Calcium: 96.42mg (9.64%), Vitamin B1: 0.14mg (9.18%), Selenium: 6.19µg (8.85%), Vitamin B5: 0.75mg (7.49%), Vitamin B12: 0.43µg (7.12%), Zinc: 0.99mg (6.62%)