



Teriyaki Shrimp and Scallop Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons cornstarch
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 tablespoons brown sugar dark
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 1.5 inch green onions
- ☐ 12 ounces shrimp deveined peeled
- ☐ 0.3 cup soya sauce low-sodium

- ☐ 16 mushrooms halved
- ☐ 1.5 tablespoons rice wine vinegar
- ☐ 12 ounces sea scallops
- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 teaspoons water

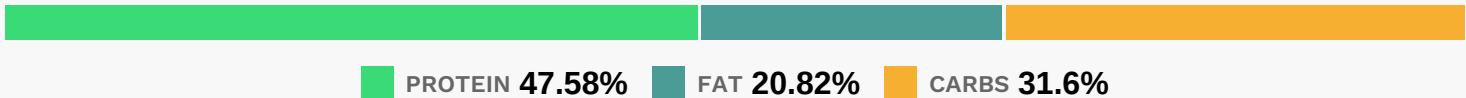
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill.
- ☐ Combine first 6 ingredients in a small saucepan over medium-high heat. Bring to a boil, and cook for 2 minutes.
- ☐ Combine cornstarch and water. Stir cornstarch mixture into soy sauce mixture. Bring to a boil; cook 1 minute.
- ☐ Thread 2 shrimp, 2 scallops, 4 mushroom halves, and 3 green onion pieces alternately onto each of 8 (12-inch) skewers.
- ☐ Brush kebabs with oil, and place on a grill rack coated with cooking spray; cook for 3 minutes. Turn kebabs, and brush with half of soy sauce glaze; cook for 1 minute. Turn kebabs.
- ☐ Brush with remaining glaze; cook 1 minute or until seafood is done.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:16.606956570045%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 217.12kcal (10.86%), Fat: 5.03g (7.74%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 16.15g (5.87%), Sugar: 10.46g (11.63%), Cholesterol: 127.57mg (42.52%), Sodium: 1397.87mg (60.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.87g (51.75%), Selenium: 43.89µg (62.7%), Phosphorus: 590mg (59%), Vitamin B12: 2.18µg (36.25%), Vitamin B3: 5.23mg (26.14%), Vitamin B2: 0.39mg (22.87%), Copper: 0.45mg (22.5%), Potassium: 608.4mg (17.38%), Vitamin B5: 1.72mg (17.17%), Vitamin B6: 0.33mg (16.34%), Magnesium: 57.85mg (14.46%), Zinc: 2.17mg (14.46%), Folate: 51.33µg (12.83%), Vitamin E: 1.53mg (10.21%), Manganese: 0.17mg (8.7%), Vitamin K: 8.63µg (8.22%), Iron: 1.25mg (6.92%), Calcium: 68.85mg (6.88%), Vitamin B1: 0.1mg (6.46%), Fiber: 1.04g (4.15%), Vitamin A: 202.27IU (4.05%), Vitamin C: 2.18mg (2.64%), Vitamin D: 0.25µg (1.63%)