



Teriyaki Shrimp & Scallops



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 t tapioca/arrowroot flour
- ☐ 0.3 t pepper red crushed
- ☐ 3 T brown sugar dark
- ☐ 1 T ginger or fresh minced
- ☐ 1 garlic clove (or 2)
- ☐ 21 pieces green onions
- ☐ 12 oz shrimp deveined peeled
- ☐ 16 mushrooms halved

- ☐ 1.5 T rice wine vinegar
- ☐ 12 oz sea scallops – the big ones
- ☐ 0.3 c soya sauce gluten-free (for)
- ☐ 1.5 t water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill
- ☐ Combine 1st 6 ingredients in a small saucepan over med heat. Bring to a boil and cook for 2 min.
- ☐ Combine arrowroot and water. Stir mix into soy sauce, bring to boil, cook 1 min
- ☐ Thread 2 shrimp, 2 scallops, 4 mushroom halves, and 3 green onion pieces alternately onto each of 8 skewers.
- ☐ Brush kebabs with oil and place on grill rack coated with cooking spray. Cook for 3 min. Turn kebabs, and brush with half of soy sauce glaze, cook for 1 min. Turn kebabs, brush with remaining glaze, cook for 1 min or until seafood is done.
- ☐ Heat 1 tablespoons oil a large skillet over medium heat.
- ☐ Add Scallops, cook on one side for 5 min, flip and cook on other side for 5 min.
- ☐ Remove them from the pan.
- ☐ Add Shrimp, mushrooms, and green onions. Cook about 3 min, or until shrimp are no longer grey. Return the scallops to the pan, add soy sauce mix and cook 2 min, add arrowroot mix and cook 2 more min over low heat.
- ☐ Serve over rice.

Nutrition Facts



 **PROTEIN 50.28%**  **FAT 7.33%**  **CARBS 42.39%**

Properties

Glycemic Index:61, Glycemic Load:2.79, Inflammation Score:-8, Nutrition Score:25.267391199651%

Flavonoids

Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

Nutrients (% of daily need)

Calories: 211.91kcal (10.6%), Fat: 1.76g (2.71%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 22.91g (7.64%), Net Carbohydrates: 20.07g (7.3%), Sugar: 12.09g (13.43%), Cholesterol: 127.57mg (42.52%), Sodium: 1644.1mg (71.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.18g (54.35%), Vitamin K: 130.82µg (124.59%), Selenium: 44.99µg (64.27%), Phosphorus: 606.91mg (60.69%), Vitamin B12: 2.18µg (36.25%), Manganese: 0.71mg (35.67%), Vitamin B3: 6.06mg (30.28%), Copper: 0.52mg (25.79%), Vitamin B2: 0.42mg (24.93%), Potassium: 764.33mg (21.84%), Folate: 86.72µg (21.68%), Vitamin B6: 0.37mg (18.67%), Vitamin B5: 1.77mg (17.71%), Magnesium: 67.11mg (16.78%), Vitamin C: 13.77mg (16.69%), Vitamin A: 821.27IU (16.43%), Zinc: 2.39mg (15.93%), Iron: 2.54mg (14.12%), Fiber: 2.85g (11.39%), Calcium: 113.4mg (11.34%), Vitamin E: 1.53mg (10.17%), Vitamin B1: 0.13mg (8.89%), Vitamin D: 0.25µg (1.63%)