



Wok Scallop Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bay scallops
- ☐ 8 ounce water chestnuts sliced canned
- ☐ 2 carrots shredded
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1.5 teaspoons garlic minced
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons plum wine
- ☐ 1 tablespoon rice wine vinegar

- ☐ 1.5 tablespoons sesame oil
- ☐ 2 cups tightly torn spinach packed
- ☐ 2 cups sugar snap peas fresh
- ☐ 2 tablespoons tamari sauce

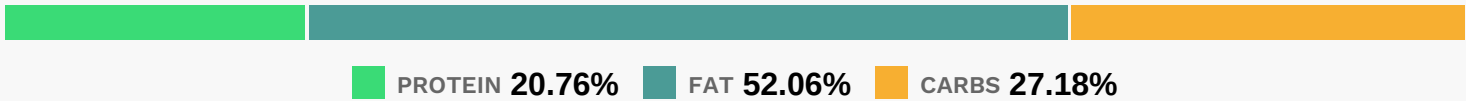
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook peas in boiling water to cover 30 seconds; drain. Plunge into ice water to stop the cooking process; drain.
- ☐ Combine peas, spinach, water chestnuts, and shredded carrots in a large bowl; set aside.
- ☐ Cook scallops in hot olive oil in a wok or heavy skillet over high heat until lightly browned, turning once. Set aside.
- ☐ Combine tamari and next 5 ingredients, stirring until blended; drizzle over vegetable mixture, tossing gently. Top with scallops.

Nutrition Facts



Properties

Glycemic Index:50.96, Glycemic Load:1.28, Inflammation Score:-10, Nutrition Score:24.103913224262%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 340.18kcal (17.01%), Fat: 19.61g (30.18%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 18.25g (6.64%), Sugar: 5.9g (6.56%), Cholesterol: 27.22mg (9.07%), Sodium: 990.06mg (43.05%), Alcohol: 0.78g (100%), Alcohol %: 0.32% (100%), Protein: 17.6g (35.19%), Vitamin A: 7038.01IU (140.76%), Vitamin K: 97.76µg (93.1%), Phosphorus: 455.43mg (45.54%), Vitamin C: 36.99mg (44.83%), Vitamin B12: 1.6µg (26.65%), Manganese: 0.49mg (24.38%), Selenium: 15.94µg (22.77%), Vitamin E: 3.16mg (21.08%), Vitamin B6: 0.41mg (20.6%), Folate: 80.64µg (20.16%), Fiber: 4.8g (19.2%), Potassium: 654.59mg (18.7%), Iron: 3.07mg (17.04%), Magnesium: 62.25mg (15.56%), Zinc: 1.72mg (11.46%), Vitamin B3: 2.21mg (11.04%), Copper: 0.21mg (10.34%), Vitamin B5: 0.88mg (8.76%), Vitamin B1: 0.13mg (8.75%), Vitamin B2: 0.14mg (8.3%), Calcium: 61.28mg (6.13%)