



WHATSheATE



Wok Seared Scallops In Teriyaki Tabasco Butter Sauce



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 sticks butter
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 8 servings vegetable oil; peanut oil preferred
- ☐ 8 servings pepper sauce hot (recommended: Tabasco)
- ☐ 2 bell peppers diced red
- ☐ 24 large scallops
- ☐ 1 pound sugar snap peas cleaned trimmed

☐ 8 servings teriyaki sauce store-bought

Equipment

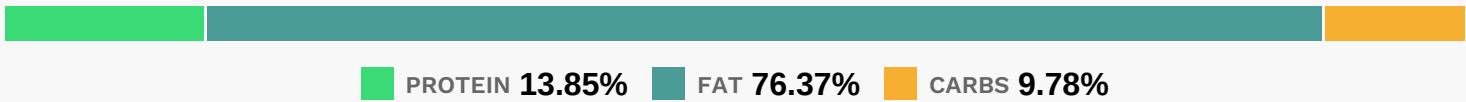
☐ oven

☐ wok

Directions

- ☐ Heat wok over high heat. Working in batches, add two tablespoons butter and melt.
- ☐ Add a generous splash of hot pepper sauce, or to taste.
- ☐ Add four scallops to sizzling butter mixture and sear both sides until nice and golden brown, about one minute per side. Season with salt and pepper.
- ☐ Remove scallops from wok to plate. Repeat until all the scallops are cooked.
- ☐ To the wok add the sugar peas and bell pepper and stir-fry for about 2 to 3 minutes until slightly soft yet still crunchy. If they are sticking you may need to add a dash of peanut oil to help out.
- ☐ Pour a large dash of your favorite teriyaki sauce into the wok and return the scallops to the wok. Give them a final toss and serve.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.39, Inflammation Score:-9, Nutrition Score:15.490869677585%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 370.48kcal (18.52%), Fat: 31.83g (48.97%), Saturated Fat: 13.41g (83.83%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 7.05g (2.56%), Sugar: 3.67g (4.08%), Cholesterol: 67.15mg (22.38%), Sodium: 533.46mg (23.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.99g (25.97%), Vitamin C: 72.17mg (87.48%), Vitamin A: 2080.68IU (41.61%), Phosphorus: 345.18mg (34.52%), Vitamin E: 3.38mg (22.55%), Vitamin B12: 1.3µg (21.75%),

Selenium: 12.17µg (17.39%), Vitamin K: 17.38µg (16.55%), Folate: 52.64µg (13.16%), Vitamin B6: 0.25mg (12.25%), Potassium: 369.48mg (10.56%), Manganese: 0.2mg (9.99%), Magnesium: 38.19mg (9.55%), Iron: 1.68mg (9.36%), Fiber: 2.13g (8.5%), Vitamin B5: 0.74mg (7.4%), Vitamin B1: 0.11mg (7.26%), Zinc: 1.07mg (7.13%), Vitamin B3: 1.29mg (6.44%), Vitamin B2: 0.09mg (5.43%), Calcium: 37.65mg (3.76%), Copper: 0.07mg (3.65%)