

# Citrus Saucy Scallops

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

## **Yield: 24 scallops**

*24 scallops*  
*3 tablespoons lime juice*  
*1 tablespoon lemon juice*  
*1 red chili, finely chopped*  
*1 tablespoon fish sauce*  
*2 teaspoons sugar*  
*3 teaspoons fresh coriander, chopped*  
*2 teaspoons fresh mint, chopped*

Using a sharp knife, carefully cut the scallops from their shells, as cleanly as possible, and remove the veins.

Wash the shells in warm water and warm through on a baking tray in a moderate 350 degree oven for 5 minutes.

Chargrill or fry the scallops for 2 to 4 minutes and return to their shells.

For the sauce, In a bowl, combine the lime juice, lemon juice, red chili, fish sauce, sugar, coriander and mint.

Spoon one teaspoon of the sauce over each scallop. Serve.

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Per Serving (excluding unknown items): 296 Calories; 4g Fat (12.2% calories from fat); 41g Protein; 23g Carbohydrate; 1g Dietary Fiber; 81mg Cholesterol; 389mg Sodium. Exchanges: 6 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 1 Other Carbohydrates.

Appetizers, Seafood

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	296	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	12.2%	<b>Vitamin B12 (mcg):</b>	3.6mcg
<b>% Calories from Carbohydrates:</b>	32.0%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	55.7%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	4g	<b>Folacin (mcg):</b>	52mcg
<b>Saturated Fat (g):</b>	1g	<b>Niacin (mg):</b>	3mg
<b>Monounsaturated Fat (g):</b>	1g	<b>Caffeine (mg):</b>	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	81mg
Carbohydrate (g):	23g
Dietary Fiber (g):	1g
Protein (g):	41g
Sodium (mg):	389mg
Potassium (mg):	884mg
Calcium (mg):	72mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	32mg
Vitamin A (i.u.):	317IU
Vitamin A (r.e.):	55 1/2RE

Alcohol (kcal):	0
% Refuse:	n n%

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### Food Exchanges

Grain (Starch):	0
Lean Meat:	6
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	1

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## Nutrition Facts

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### Amount Per Serving

Calories	296	Calories from Fat: 36
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### % Daily Values\*

<b>Total Fat</b>	4g	6%
Saturated Fat	1g	4%
<b>Cholesterol</b>	81mg	27%
<b>Sodium</b>	389mg	16%
<b>Total Carbohydrates</b>	23g	8%
Dietary Fiber	1g	2%
<b>Protein</b>	41g	
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<b>Vitamin A</b>		6%
<b>Vitamin C</b>		53%
<b>Calcium</b>		7%
<b>Iron</b>		5%

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\* Percent Daily Values are based on a 2000 calorie diet.