

Asian Style Scallops

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-pan-fried-japanese-scallops>

Ingredients:

- 10 scallops
- 4 tablespoons soy sauce
- 2 tablespoons worcestershire sauce
- 2 garlic cloves minced
- 1 tablespoon ginger freshly grated
- 1 tablespoon sesame oil
- fresh herbs for presentation

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 10 milligrams
4. Fat: 3.5 grams
5. Protein: 5 grams
6. Sodium: 1020 milligrams
7. Sugar: 1 grams

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