

Five-Spice Grilled Scallops

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-sichuan-hot-pot-chinese-five-spice>

Ingredients:

- 1 pound sea scallops side muscles removed
- 1/2 orange
- 1/4 teaspoon chinese five-spice powder
- 1/2 teaspoon salt plus more, to taste
- 1 pinch freshly ground pepper
- 3 teaspoons canola oil
- 1 pound baby bok choy halved lengthwise
- 1 teaspoon sesame oil Asian

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 35 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. Sodium: 550 milligrams
8. Sugar: 1 grams

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