

Scallop with Apricot Sauce

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-scallop-recipe>

Ingredients:

- 12 scallops large, patted dry
- 2 tablespoons olive oil
- 1 1/2 teaspoons minced ginger grated or finely
- 1/2 cup apricot jam
- 1 tablespoon soy sauce
- 2 tablespoons water
- salt
- pepper
- 1 lime
- 1 cup rice grains + water to cook
- 1/4 cup chopped cilantro
- 1/2 teaspoon lime zest
- 1 tablespoon lime juice

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 10 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 1 grams
8. Sodium: 490 milligrams
9. Sugar: 18 grams

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