



Bacon-Wrapped Scallop Tournedos with Summer Succotash

READY IN



85 min.

SERVINGS



4

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups corn kernels from 2 ears
- ☐ 3 tablespoons sage leaves fresh chopped
- ☐ 2 cups lima beans *soaked overnight fresh salted frozen boiling thawed peeled for 30 seconds; or lima beans
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 pounds sea scallops 24
- ☐ 8 slices bacon thick-cut
- ☐ 1 large tomatoes cored cut into small cubes

- ☐ 3 tablespoons butter unsalted
- ☐ 8 inch skewers
- ☐ 8 inch skewers

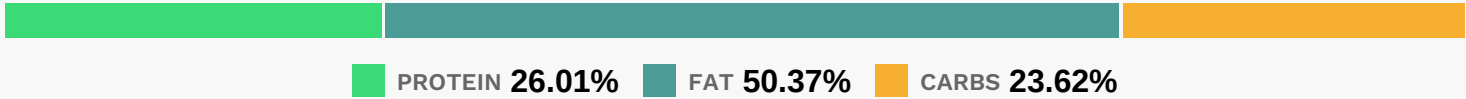
Equipment

- ☐ frying pan
- ☐ toothpicks
- ☐ grill
- ☐ skewers

Directions

- ☐ Build a multi-level fire in the grill: Leave 1/4 of the bottom free of coals, bank the coals in the remaining 3/4 of the grill so that they are 3 times as high on one side as on the other. When the coals are all ignited and the temperature has lowered to medium (hold hand about 5-inches above grill grid, over the area where coals are deepest, for 4 to 5 seconds), the grill is ready to cook.
- ☐ In a large skillet, cook the bacon over medium-high heat until it has rendered a good amount of fat, but has not begun color or crinkle up, about 4 minutes (The bacon should be cooked halfway, it should remain pliable).
- ☐ Remove from the heat.
- ☐ Thread the scallops onto skewers, putting 3 on each skewer, zig-zagging with a piece of bacon around each trio of scallops, securing it at the top and bottom with toothpicks, or secure with a second skewer.
- ☐ Sprinkle the skewers generously with salt and pepper, then place on grill over the side with fewer coals and cook until scallops are opaque all the way through, about 5 to 7 minutes per side.
- ☐ Melt the butter in a large skillet over medium heat.
- ☐ Add the corn, lima beans, tomato, sage, and salt and pepper, to taste. Cook, stirring occasionally, until all the ingredients are nice and hot, about 5 minutes.
- ☐ To serve, place about 1/4 of the succotash on each plate, top with 2 skewers.
- ☐ Cook's note: Try to use the largest scallops available, if dry scallops are available, it's even better. When grilling scallops watch carefully for any flare-ups.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:4.59, Inflammation Score:-8, Nutrition Score:32.361304563025%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 710.04kcal (35.5%), Fat: 39.88g (61.36%), Saturated Fat: 15.68g (98.01%), Carbohydrates: 42.09g (14.03%), Net Carbohydrates: 32.98g (11.99%), Sugar: 7.57g (8.41%), Cholesterol: 124.53mg (41.51%), Sodium: 1539.33mg (66.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.34g (92.68%), Copper: 14mg (700.05%), Phosphorus: 1018.5mg (101.85%), Selenium: 48.33µg (69.05%), Vitamin B12: 3.58µg (59.59%), Manganese: 1.14mg (56.89%), Folate: 151.8µg (37.95%), Potassium: 1324.12mg (37.83%), Fiber: 9.11g (36.46%), Magnesium: 122.65mg (30.66%), Vitamin B3: 5.98mg (29.91%), Vitamin B6: 0.58mg (28.79%), Vitamin B1: 0.43mg (28.47%), Zinc: 4.24mg (28.27%), Iron: 4.26mg (23.68%), Vitamin B5: 1.63mg (16.28%), Vitamin A: 712.3IU (14.25%), Vitamin B2: 0.23mg (13.82%), Vitamin C: 7.55mg (9.15%), Calcium: 72.66mg (7.27%), Vitamin E: 1.04mg (6.95%), Vitamin K: 6.37µg (6.07%), Vitamin D: 0.45µg (2.97%)