



## Bacon-Wrapped Scallops



Gluten Free



Dairy Free

READY IN



38 min.

SERVINGS



30

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 lb bacon cut in half
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 Dash hot sauce
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 4 pounds sea scallops rinsed drained ( 48)
- ☐ 30 servings wooden picks
- ☐ 30 servings wooden picks

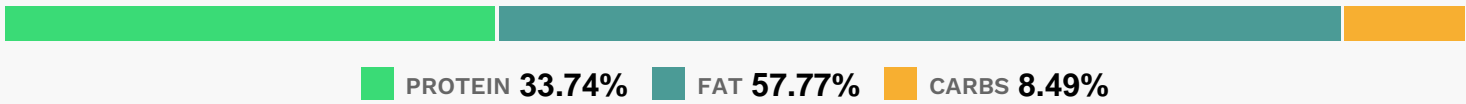
## Equipment

- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ grill
- ☐ microwave

## Directions

- ☐ Combine first 6 ingredients in a small mixing bowl; whisk in olive oil in a slow, steady stream.
- ☐ Place scallops in a zip-top plastic freezer bag; add lime juice mixture. Cover or seal, and chill 30 minutes, turning once.
- ☐ Drain scallops, discarding marinade.
- ☐ Microwave bacon, covered with paper towels, in 4 batches, at HIGH 3 to 4 minutes or until slightly brown. Wrap 1 bacon piece around each scallop, and secure with a wooden pick.
- ☐ Sprinkle evenly with salt and pepper.
- ☐ Coat a cold cooking grate with cooking spray, and place grate on grill over medium-high heat (350 to 400).
- ☐ Place scallops on grate, and grill, covered with grill lid, 3 to 4 minutes on each side or until bacon is crisp and scallops are done.

## Nutrition Facts



## Properties

Glycemic Index:3.13, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:4.0113043595591%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

**Nutrients (% of daily need)**

Calories: 111.87kcal (5.59%), Fat: 7.02g (10.8%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.03g (0.03%), Cholesterol: 24.49mg (8.16%), Sodium: 356.73mg (15.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.45%), Phosphorus: 224.33mg (22.43%), Vitamin B12: 0.93µg (15.47%), Selenium: 10.81µg (15.44%), Vitamin B3: 1.04mg (5.19%), Zinc: 0.73mg (4.88%), Potassium: 156.85mg (4.48%), Vitamin B6: 0.09mg (4.38%), Magnesium: 15.33mg (3.83%), Vitamin B1: 0.05mg (3.12%), Folate: 9.85µg (2.46%), Vitamin B5: 0.22mg (2.17%), Iron: 0.3mg (1.68%), Vitamin B2: 0.02mg (1.28%), Vitamin E: 0.17mg (1.15%), Copper: 0.02mg (1.08%)