



Bacon-Wrapped Scallops

READY IN



45 min.

SERVINGS



11

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 11 slices bacon cut in half
- ☐ 1 cups japanese bread crumbs (panko)
- ☐ 0.5 cup celery minced
- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup green onions minced
- ☐ 0.5 teaspoon ground pepper white
- ☐ 0.3 cup horseradish

- ☐ 0.5 cup cocktail sauce
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup milk
- ☐ 0.3 cup mustard prepared
- ☐ 1.5 teaspoons paprika
- ☐ 2 teaspoons paprika
- ☐ 0.5 teaspoon pepper
- ☐ 0.1 teaspoon bell pepper red
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 22 sea scallops

Equipment

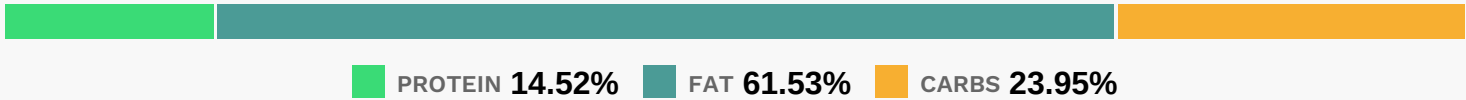
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Cook bacon slices 3 to 4 minutes or until translucent.
- ☐ Combine flour and next 4 ingredients in a shallow dish. Beat together milk and egg in a small bowl.
- ☐ Roll scallops in seasoned flour, shaking off excess. Dip scallops in egg mixture, then coat with bread crumbs.
- ☐ Wrap each scallop with bacon and secure with a toothpick.
- ☐ Place scallops on a lightly greased baking sheet.
- ☐ Bake at 400 for about 30 minutes or until bacon is crisp and scallops are cooked.

- ☐ Serve hot with Remoulade Sauce.
- ☐ Mix together all ingredients in a quart jar; shake well and chill 45 minutes.

Nutrition Facts



Properties

Glycemic Index:35.73, Glycemic Load:3.85, Inflammation Score:-5, Nutrition Score:8.8595651750979%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 269.23kcal (13.46%), Fat: 18.29g (28.13%), Saturated Fat: 4.81g (30.05%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 14.7g (5.35%), Sugar: 4.87g (5.41%), Cholesterol: 43.54mg (14.51%), Sodium: 918.79mg (39.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.42%), Vitamin K: 28.63µg (27.26%), Selenium: 15.66µg (22.36%), Phosphorus: 193.82mg (19.38%), Vitamin B1: 0.19mg (12.93%), Vitamin B12: 0.72µg (11.99%), Vitamin B3: 1.98mg (9.91%), Vitamin A: 459.27IU (9.19%), Manganese: 0.17mg (8.63%), Vitamin B2: 0.14mg (8.45%), Folate: 33.03µg (8.26%), Vitamin B6: 0.14mg (7.18%), Iron: 1.21mg (6.71%), Potassium: 234.47mg (6.7%), Zinc: 0.95mg (6.36%), Magnesium: 23.72mg (5.93%), Calcium: 58.87mg (5.89%), Vitamin C: 4.65mg (5.64%), Fiber: 1.31g (5.25%), Vitamin E: 0.74mg (4.96%), Vitamin B5: 0.47mg (4.66%), Copper: 0.06mg (3.25%), Vitamin D: 0.43µg (2.88%)