



Bacon-Wrapped Scallops with Jalapeno-Papaya Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon
- ☐ 4 servings pepper black freshly ground
- ☐ 1 cup quinoa prepared
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon jalapeno minced
- ☐ 1 tablespoon juice of lime fresh

- ☐ 1 tablespoon olive oil
- ☐ 1 papaya diced ripe peeled seeded
- ☐ 4 servings salt
- ☐ 1.3 pounds sea scallops

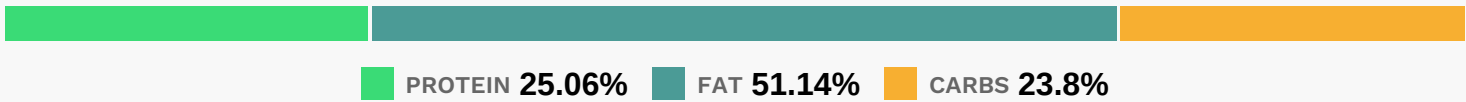
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F. Coat a large baking sheet with cooking spray.
- ☐ Prepare one cup of quinoa according to package directions. When cooked, stir in 1/4 cup chopped fresh cilantro. Cover and set aside.
- ☐ Halve bacon slices crosswise and wrap slices around 1 pound of the sea scallops. Secure with wooden picks, if necessary.
- ☐ Heat oil in a large, oven-proof skillet over medium heat.
- ☐ Add all the scallops and cook 1 to 2 minutes per side, until golden brown.
- ☐ Place skillet in oven and bake 5 minutes, until scallops are cooked through (opaque).
- ☐ While scallops are cooking, prepare papaya sauce. In a small bowl, combine diced papaya, 2 tablespoons cilantro, lime juice, jalapeno, and cumin. Season with salt and black pepper.
- ☐ Remove 2 cooked scallops from the pan and reserve in refrigerator for another recipe
- ☐ Serve remaining scallops with quinoa and papaya sauce.

Nutrition Facts



Properties

Glycemic Index:53.19, Glycemic Load:8.66, Inflammation Score:-8, Nutrition Score:18.523912942928%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 403.85kcal (20.19%), Fat: 22.82g (35.11%), Saturated Fat: 6.69g (41.83%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 21.1g (7.68%), Sugar: 6.58g (7.31%), Cholesterol: 63.06mg (21.02%), Sodium: 1051.2mg (45.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.17g (50.33%), Vitamin C: 52.15mg (63.21%), Phosphorus: 618.08mg (61.81%), Selenium: 28.78µg (41.12%), Vitamin B12: 2.22µg (36.98%), Magnesium: 84.24mg (21.06%), Manganese: 0.38mg (19.07%), Folate: 72.27µg (18.07%), Potassium: 620.34mg (17.72%), Vitamin A: 858.35IU (17.17%), Vitamin B3: 3.31mg (16.53%), Vitamin B6: 0.33mg (16.31%), Zinc: 2.4mg (16.01%), Vitamin B1: 0.2mg (13.54%), Fiber: 2.79g (11.15%), Iron: 1.83mg (10.14%), Vitamin E: 1.39mg (9.26%), Copper: 0.18mg (9.14%), Vitamin B2: 0.13mg (7.89%), Vitamin K: 8.08µg (7.69%), Vitamin B5: 0.72mg (7.18%), Calcium: 38.34mg (3.83%), Vitamin D: 0.18µg (1.17%)