



Bacon-Wrapped Scallops With Orange-Honey Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 slices bacon cut in half
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground pepper red
- ☐ 24 servings orange-honey sauce
- ☐ 0.5 cup olive oil
- ☐ 1 small onion diced
- ☐ 0.3 teaspoon oregano dried

- ☐ 2 pounds sea scallops
- ☐ 0.5 teaspoon sugar

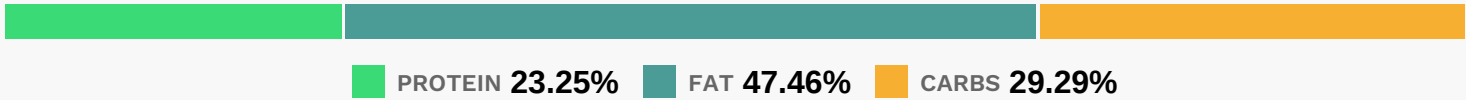
Equipment

- ☐ oven
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine first 6 ingredients in a shallow dish or large zip-top plastic bag; add scallops. Cover or seal, and chill 30 minutes.
- ☐ Drain scallops, discarding marinade.
- ☐ Place bacon on a rack in a broiler pan; broil 6 inches from heat (with electric oven door partially open) about 2 minutes or until limp. Wrap bacon around scallops, and secure with wooden picks.
- ☐ Broil 10 to 15 minutes or until bacon is crisp and scallops are done, turning after 7 minutes.
- ☐ Serve scallops with Orange-Honey Sauce.

Nutrition Facts



Properties

Glycemic Index:9.02, Glycemic Load:3.15, Inflammation Score:-1, Nutrition Score:2.8021738930889%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 103.24kcal (5.16%), Fat: 5.46g (8.41%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 7.5g (2.73%), Sugar: 5.96g (6.62%), Cholesterol: 16.33mg (5.44%), Sodium: 221.47mg (9.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.05%), Phosphorus: 143.75mg (14.38%), Selenium:

7.16µg (10.23%), Vitamin B12: 0.59µg (9.8%), Vitamin B3: 0.73mg (3.63%), Zinc: 0.5mg (3.32%), Vitamin B6: 0.07mg (3.32%), Potassium: 109.28mg (3.12%), Magnesium: 10.25mg (2.56%), Vitamin B1: 0.04mg (2.33%), Folate: 6.84µg (1.71%), Vitamin B5: 0.15mg (1.52%), Iron: 0.24mg (1.36%), Vitamin E: 0.19mg (1.29%), Manganese: 0.02mg (1.15%), Vitamin B2: 0.02mg (1.11%)