



Bacon Wrapped Shrimp and Scallops



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



24

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 slices applewood bacon smoked cut in 1/2
- ☐ 1 tablespoon coarse salt and pepper black
- ☐ 1 juice of lime juiced
- ☐ 12 jumbo shrimp raw deveined peeled per pound
- ☐ 1 teaspoon pepper flakes red hot
- ☐ 3 scallions very thinly sliced
- ☐ 12 large sea scallops trimmed drained well
- ☐ 1 tablespoon sesame oil toasted

- ☐ 24 servings toothpicks
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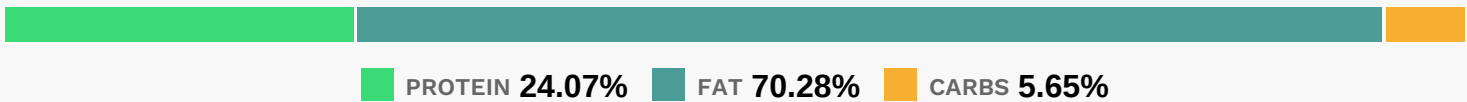
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ broiler pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 425 degrees F.
- ☐ Place shrimp and scallops in a shallow dish or bowl. Dress seafood with lime juice and zest, a generous drizzle of sesame oil, grill seasoning and hot pepper flakes. Wrap each shrimp and scallop with a half slice of bacon. Wrap each shrimp working from head to tail, pulling bacon snugly around the shrimp. Wrap the bacon around the outside of each scallop. Fasten bacon in place as necessary with picks.
- ☐ Arrange the shrimp and scallops on a slotted baking pan, such as a broiler pan, to allow draining while bacon crisps.
- ☐ Bake shrimp and scallops 10 to 14 minutes, until shrimp is pink and curled, scallops are opaque and bacon is crisp. Shrimps may finish before the scallops.
- ☐ Arrange cooked seafood on platter and sprinkle with chopped scallions.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.0765217516733%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 65.95kcal (3.3%), Fat: 5.09g (7.83%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.06g (0.07%), Cholesterol: 17.16mg (5.72%), Sodium: 452.24mg (19.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Selenium: 5.64µg (8.06%), Phosphorus: 79.12mg (7.91%), Vitamin B12: 0.32µg (5.37%), Vitamin B3: 0.66mg (3.28%), Vitamin K: 3.29µg (3.14%), Vitamin B6: 0.05mg (2.57%), Vitamin B1: 0.03mg (2.25%), Zinc: 0.33mg (2.17%), Potassium: 65.47mg (1.87%), Magnesium: 6.25mg (1.56%), Vitamin B5: 0.11mg (1.12%), Folate: 4.46µg (1.11%), Vitamin E: 0.16mg (1.09%), Vitamin A: 53.81IU (1.08%)