



## BBQ Bacon-Wrapped Scallops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



18 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 slices oscar mayer bacon
- 0.5 cup original barbecue sauce kraft
- 0.3 tsp pepper black freshly ground
- 1 lb sea scallops

### Equipment

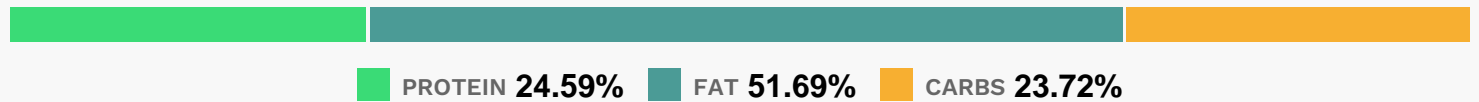
- paper towels
- grill
- microwave

skewers

## Directions

- Heat grill to medium-high heat.
- Place bacon on paper towel-covered microwaveable plate. Microwave on HIGH 2-1/2 min. or just until bacon starts to cook but is not crisp. Cool slightly.
- Wrap 1 bacon slice around each scallop. Thread 2 scallops onto each of 4 skewers.
- Grill 7 to 8 min. or until scallops are done and bacon is crisp, turning frequently and brushing with barbecue sauce.
- Transfer to platter; sprinkle with pepper.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:9.2560870777006%

## Nutrients (% of daily need)

Calories: 323.53kcal (16.18%), Fat: 18.25g (28.07%), Saturated Fat: 6.01g (37.58%), Carbohydrates: 18.84g (6.28%), Net Carbohydrates: 18.48g (6.72%), Sugar: 11.87g (13.19%), Cholesterol: 56.26mg (18.75%), Sodium: 1104.05mg (48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.53g (39.07%), Phosphorus: 449.46mg (44.95%), Selenium: 23.83µg (34.04%), Vitamin B12: 1.82µg (30.32%), Vitamin B3: 2.78mg (13.91%), Potassium: 404.19mg (11.55%), Vitamin B6: 0.23mg (11.35%), Zinc: 1.61mg (10.76%), Vitamin B1: 0.14mg (9.18%), Magnesium: 35.09mg (8.77%), Vitamin B5: 0.55mg (5.48%), Iron: 0.85mg (4.73%), Folate: 18.88µg (4.72%), Vitamin B2: 0.07mg (4.29%), Manganese: 0.09mg (4.26%), Copper: 0.07mg (3.6%), Vitamin E: 0.48mg (3.18%), Calcium: 21.36mg (2.14%), Vitamin A: 100.45IU (2.01%), Fiber: 0.35g (1.41%), Vitamin D: 0.18µg (1.17%)