



Bourbon-Bacon Scallops

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces bacon low-sodium
- 2 tablespoons bourbon
- 1 tablespoon dijon mustard
- 3 tablespoons green onions minced
- 1 tablespoon soya sauce low-sodium
- 2 tablespoons maple syrup
- 0.3 teaspoon pepper
- 1.5 pounds sea scallops

Equipment

- bowl
- skewers
- broiler pan

Directions

- Combine first 6 ingredients in a bowl; stir well.
- Add scallops, stirring gently to coat. Cover and marinate in refrigerator 1 hour, stirring occasionally.
- Remove scallops from bowl, reserving marinade.
- Cut each slice of bacon into 4 pieces. Wrap 1 bacon piece around each scallop (bacon might only wrap halfway around scallops if they are very large). Thread scallops onto 4 (12-inch) skewers, leaving some space between scallops so bacon will cook.
- Place skewers on a broiler pan coated with cooking spray; broil 8 minutes or until bacon is crisp and scallops are done, basting occasionally with reserved marinade (cooking time will vary greatly with size of scallops).

Nutrition Facts



Properties

Glycemic Index:36.88, Glycemic Load:2.56, Inflammation Score:-3, Nutrition Score:12.241304325021%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 286.23kcal (14.31%), Fat: 12.24g (18.83%), Saturated Fat: 4g (25.01%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 13g (4.73%), Sugar: 6.17g (6.86%), Cholesterol: 59.53mg (19.84%), Sodium: 1041.42mg (45.28%), Alcohol: 2.51g (100%), Alcohol %: 1.39% (100%), Protein: 24.71g (49.42%), Phosphorus: 621.8mg (62.18%), Vitamin B12: 2.54µg (42.34%), Selenium: 28.8µg (41.14%), Manganese: 0.32mg (15.96%), Zinc: 2.03mg (13.53%), Potassium: 461.27mg (13.18%), Vitamin B3: 2.44mg (12.18%), Magnesium: 48.6mg (12.15%), Vitamin B2: 0.19mg (11.28%), Vitamin

B6: 0.21mg (10.59%), Vitamin K: 9.58µg (9.12%), Folate: 32.14µg (8.03%), Vitamin B1: 0.11mg (7.23%), Vitamin B5: 0.55mg (5.52%), Iron: 0.97mg (5.38%), Copper: 0.06mg (3.14%), Calcium: 29.88mg (2.99%), Fiber: 0.34g (1.35%), Vitamin A: 63.8IU (1.28%), Vitamin E: 0.18mg (1.18%), Vitamin C: 0.86mg (1.04%)