



Dad's Excellent Scallops



Gluten Free



Low Fod Map

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READY IN

ready

33 min.

SERVINGS

servings

8

CALORIES

calories

298 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 0.5 pound pancetta thinly sliced
- ☐ 2 pounds sea scallops shelled

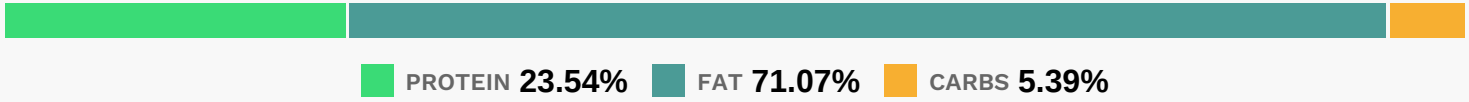
Equipment

- ☐ toothpicks
- ☐ grill

Directions

- ☐ Preheat grill for medium-high heat.
- ☐ Wrap each scallop with a thin slice of prosciutto, and secure with a toothpick.
- ☐ Lightly oil grill grate. Arrange scallops on the grill, and baste with butter. Cook for 5 minutes, turn, and baste with butter. Cook for another 8 minutes, or until opaque.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:7.8130434103634%

Nutrients (% of daily need)

Calories: 298.19kcal (14.91%), Fat: 23.31g (35.87%), Saturated Fat: 11.21g (70.04%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 3.98g (1.45%), Sugar: 0.01g (0.01%), Cholesterol: 76.43mg (25.48%), Sodium: 723.42mg (31.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.37g (34.75%), Phosphorus: 422.98mg (42.3%), Vitamin B12: 1.76µg (29.41%), Selenium: 20.36µg (29.08%), Vitamin B3: 1.94mg (9.72%), Zinc: 1.38mg (9.19%), Potassium: 292mg (8.34%), Vitamin B6: 0.16mg (7.93%), Vitamin A: 368.44IU (7.37%), Magnesium: 28.63mg (7.16%), Vitamin B1: 0.09mg (5.79%), Folate: 18.57µg (4.64%), Vitamin B5: 0.42mg (4.17%), Iron: 0.55mg (3.06%), Vitamin E: 0.45mg (3.01%), Vitamin B2: 0.04mg (2.64%), Copper: 0.04mg (1.9%), Calcium: 11.63mg (1.16%), Manganese: 0.02mg (1.12%)