



Father-in-Law's Scallops with Sun-Dried Tomatoes and Bacon

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce angel hair pasta
- ☐ 4 slices double bacon smoked
- ☐ 2 tablespoons butter at room temperature
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup heavy cream
- ☐ 1.5 tablespoons olive oil
- ☐ 4 servings salt and pepper black to taste

- ☐ 12 large scallops dry
- ☐ 3 tablespoons sun-dried tomatoes packed in oil, drained and thinly sliced

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate. Chop the bacon, and set aside.
- ☐ Bring a large pot of lightly salted water to a boil for the pasta. While water is coming to a boil, heat olive oil in a large, heavy skillet over high heat, and pan-fry the scallops until browned and opaque, about 2 minutes per side.
- ☐ Remove scallops to a plate.
- ☐ Stir the angel hair pasta into the boiling water, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, 4 to 5 minutes.
- ☐ Drain well in a colander set in the sink, and divide the hot pasta between 4 plates.
- ☐ Pour white wine and sun-dried tomatoes into the skillet, and scrape up and dissolve any browned flavor bits left in the pan. Stir in the cream, bring to a boil over medium heat, reduce heat, and simmer until thickened, about 2 minutes.
- ☐ Remove the pan from the heat, and add the butter and garlic.
- ☐ Whisk the butter into the sauce, return the scallops to the pan, and cover with sauce.
- ☐ Spoon scallops and sauce over the pasta, sprinkle with chopped bacon, and season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:17.77, Inflammation Score:-6, Nutrition Score:14.981739085654%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 547.88kcal (27.39%), Fat: 26.44g (40.68%), Saturated Fat: 10.96g (68.49%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 46.97g (17.08%), Sugar: 3.67g (4.07%), Cholesterol: 67.98mg (22.66%), Sodium: 750.53mg (32.63%), Alcohol: 3.09g (100%), Alcohol %: 1.69% (100%), Protein: 22.15g (44.3%), Selenium: 52.74µg (75.35%), Phosphorus: 470.79mg (47.08%), Manganese: 0.67mg (33.39%), Vitamin B12: 1.41µg (23.58%), Magnesium: 64.33mg (16.08%), Potassium: 526.34mg (15.04%), Vitamin B3: 2.88mg (14.38%), Zinc: 2.05mg (13.66%), Vitamin B6: 0.26mg (12.81%), Copper: 0.25mg (12.73%), Vitamin B1: 0.15mg (9.71%), Iron: 1.66mg (9.24%), Fiber: 2.31g (9.23%), Vitamin A: 437.34IU (8.75%), Vitamin E: 1.21mg (8.09%), Folate: 28.31µg (7.08%), Vitamin B2: 0.12mg (7.07%), Vitamin B5: 0.71mg (7.06%), Vitamin K: 5.94µg (5.66%), Calcium: 39.62mg (3.96%), Vitamin C: 2.03mg (2.46%), Vitamin D: 0.33µg (2.17%)