



Firecracker Scallops

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices bacon
- ☐ 1 tablespoon add carrot and onion to bacon fat . cook
- ☐ 2 tablespoons butter
- ☐ 2.3 teaspoons garlic salt
- ☐ 2 tablespoons horseradish
- ☐ 1 pound sea scallops

Equipment

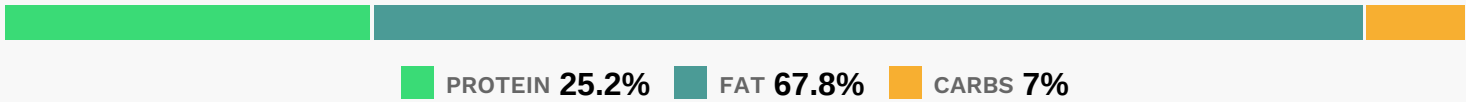
- ☐ frying pan

- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Cook the bacon in a large, deep skillet over medium-high heat until crisp, about 10 minutes.
- ☐ Drain on a paper towel-lined plate, reserving about 1 tablespoon of the bacon drippings. Crumble the bacon once cool to the touch.
- ☐ Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- ☐ Heat the reserved bacon drippings in a separate skillet over medium heat. Stir the butter and garlic salt into the bacon drippings; allow the butter to melt completely. Cook the scallops in the butter mixture until there is a light brown coating on each side, about 4 minutes per side.
- ☐ Transfer the scallops to a baking dish. Spoon the butter sauce over the scallops.
- ☐ Drizzle the horseradish sauce over the scallops and sprinkle with the crumbled bacon.
- ☐ Bake the scallops under the preheated broiler until the sauce begins to bubble, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:15.796087062877%

Nutrients (% of daily need)

Calories: 556.21kcal (27.81%), Fat: 41.36g (63.64%), Saturated Fat: 17.54g (109.64%), Carbohydrates: 9.62g (3.21%), Net Carbohydrates: 9.12g (3.32%), Sugar: 1.21g (1.34%), Cholesterol: 127.48mg (42.49%), Sodium: 4032.83mg (175.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.59g (69.18%), Phosphorus: 844.71mg (84.47%), Vitamin B12: 3.5µg (58.28%), Selenium: 40.65µg (58.07%), Vitamin B3: 3.87mg (19.35%), Zinc: 2.86mg (19.1%), Potassium: 614.63mg (17.56%), Vitamin B6: 0.32mg (16.16%), Magnesium: 60.89mg (15.22%), Folate: 45.26µg (11.31%), Vitamin B1: 0.17mg (11.31%), Vitamin B5: 0.82mg (8.22%), Vitamin A: 377.31IU (7.55%), Iron: 1.18mg (6.53%), Vitamin B2: 0.09mg (5.11%), Vitamin C: 3.73mg (4.53%), Copper: 0.09mg (4.3%), Vitamin E: 0.6mg (4.03%), Manganese: 0.07mg (3.51%), Calcium: 29.74mg (2.97%), Vitamin D: 0.4µg (2.63%), Fiber: 0.5g (1.98%), Vitamin K:

1.17μg (1.12%)