



Mushroom-Scallop Skewers

 Dairy Free

READY IN



25 min.

SERVINGS



14

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons brown sugar packed
- ☐ 1 teaspoon orange zest grated
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 lb bay scallops
- ☐ 14 portabello mushrooms ()
- ☐ 14 slices farro (from 2.1-oz package)

☐ 1 serving chocolate curls fresh

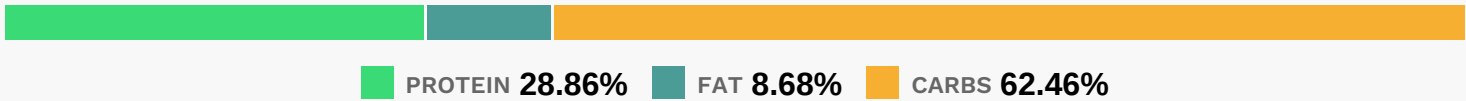
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ toothpicks
- ☐ skewers

Directions

- ☐ Heat oven to 425°F. Line 15x10x1-inch pan with cooking parchment paper. In medium bowl, mix orange juice, brown sugar, orange peel, ginger and garlic.
- ☐ Add scallops; toss to coat.
- ☐ Place 1 scallop in each mushroom cap. Wrap each with 1 bacon slice, enclosing scallop. Secure with toothpick. Dip in orange juice mixture; place in pan.
- ☐ Bake 8 to 10 minutes or until mushrooms are tender and scallops are opaque. If desired, replace each toothpick with 4-inch wooden skewer.

Nutrition Facts



Properties

Glycemic Index:5.86, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:5.8691303433607%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 34.92kcal (1.75%), Fat: 0.38g (0.58%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 4.95g (1.8%), Sugar: 4.17g (4.63%), Cholesterol: 1.95mg (0.65%), Sodium: 39.93mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Selenium: 16.85µg (24.07%), Vitamin B3: 3.88mg (19.41%), Copper: 0.25mg (12.4%), Phosphorus: 119.8mg (11.98%), Vitamin B5: 0.99mg (9.9%), Potassium: 336.94mg (9.63%), Vitamin B6: 0.14mg (6.86%), Vitamin B2: 0.11mg (6.64%), Folate: 26.38µg (6.6%), Fiber: 1.17g (4.7%), Manganese: 0.09mg (4.6%), Vitamin B1: 0.06mg (3.71%), Zinc: 0.54mg (3.58%), Vitamin C: 2.48mg (3%), Vitamin B12: 0.16µg (2.61%), Iron: 0.35mg (1.94%), Vitamin D: 0.25µg (1.68%)