



Pan-seared Scallops with Asparagus and Pancetta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 medium asparagus
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons chives chopped
- ☐ 2 tablespoons mirin dry
- ☐ 1 teaspoon olive oil
- ☐ 4 servings olive oil
- ☐ 0.8 cup orange juice freshly squeezed

- ☐ 2 tablespoons parmesan shaved
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 12 scallops
- ☐ 3.5 ounces bacon diced uncooked

Equipment

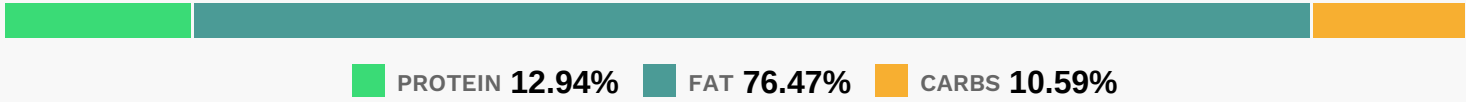
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cut off each asparagus tip into 2 1/2-inch-long pieces. (Reserve stalks for other uses.) Toss asparagus with olive oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper in an 8-inch square baking pan.
- ☐ Bake at 475 for 6 minutes.
- ☐ Remove from pan, and set aside.
- ☐ Cook pancetta or bacon in a large skillet until crisp.
- ☐ Remove from skillet, and drain on paper towels. Measure drippings, and add olive oil to measure 2 tablespoons.
- ☐ Sprinkle both sides of scallops with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat reserved 2 tablespoons drippings and oil in skillet over medium-high heat until hot; add scallops. Cook scallops 5 minutes, turning once, until browned on both sides. (Cook in batches if scallops don't fit in the skillet without touching.) Set aside and keep warm.
- ☐ Heat skillet over medium-high heat until hot.
- ☐ Add orange juice and vermouth to skillet. Cook, stirring constantly, until mixture is reduced to 1/2 cup.

- ☐ Remove from heat, and whisk in butter.
- ☐ Place 3 scallops on each serving plate, forming a triangle in center of plate. Arrange 3 asparagus spears, tip end up, against the scallops.
- ☐ Drizzle with sauce, and sprinkle with reserved pancetta, chives, and Parmesan.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:2.79, Inflammation Score:-6, Nutrition Score:11.334347714549%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 339.27kcal (16.96%), Fat: 28.72g (44.18%), Saturated Fat: 7.67g (47.93%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 7.79g (2.83%), Sugar: 4.86g (5.4%), Cholesterol: 36.4mg (12.13%), Sodium: 840.99mg (36.56%), Alcohol: 0.71g (100%), Alcohol %: 0.46% (100%), Protein: 10.93g (21.86%), Vitamin C: 26.81mg (32.5%), Vitamin K: 32.73µg (31.17%), Phosphorus: 238.14mg (23.81%), Vitamin E: 2.92mg (19.46%), Selenium: 12.51µg (17.88%), Vitamin B12: 0.79µg (13.24%), Vitamin A: 639.38IU (12.79%), Vitamin B1: 0.18mg (12.3%), Folate: 47.99µg (12%), Vitamin B3: 1.99mg (9.94%), Potassium: 340.81mg (9.74%), Iron: 1.54mg (8.54%), Vitamin B6: 0.17mg (8.3%), Zinc: 1.07mg (7.12%), Vitamin B2: 0.12mg (7.05%), Copper: 0.14mg (6.86%), Magnesium: 26.74mg (6.68%), Manganese: 0.12mg (5.79%), Calcium: 53.37mg (5.34%), Vitamin B5: 0.48mg (4.76%), Fiber: 1.17g (4.68%)