



Pan-Seared Scallops with Bacon and Spinach

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces baby spinach fresh
- 0.3 teaspoon pepper black divided freshly ground
- 6 garlic cloves sliced
- 0.3 teaspoon kosher salt divided
- 1 cup onion chopped
- 1.5 pounds sea scallops (12)
- 3 slices thick-cut bacon

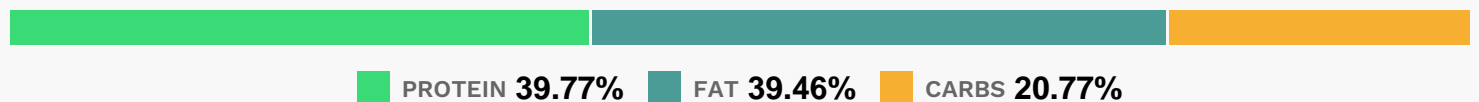
Equipment

- frying pan
- paper towels

Directions

- Cook bacon in a large cast-iron skillet over medium-high heat until crisp.
- Remove bacon from pan, reserving 1 tablespoon drippings in pan; coarsely chop bacon, and set aside. Increase heat to high.
- Pat scallops dry with paper towels.
- Sprinkle scallops evenly with 1/8 teaspoon salt and 1/8 teaspoon pepper.
- Add scallops to drippings in pan; cook 2 1/2 minutes on each side or until done.
- Transfer to a plate; keep warm. Reduce heat to medium-high.
- Add onion and garlic to pan; saut 3 minutes, stirring frequently.
- Add half of spinach; cook 1 minute, stirring frequently.
- Add remaining half of spinach; cook 2 minutes or just until wilted, stirring frequently.
- Remove from heat; stir in remaining 1/8 teaspoon salt and remaining 1/8 teaspoon pepper. Divide spinach mixture among 4 plates; top each serving evenly with chopped bacon and 3 scallops.
- Serve immediately with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.65, Inflammation Score:0, Nutrition Score:29.819130389587%

Flavonoids

Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 5.7mg, Kaempferol: 5.7mg, Kaempferol: 5.7mg, Kaempferol: 5.7mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg

Nutrients (% of daily need)

Calories: 272.54kcal (13.63%), Fat: 11.95g (18.38%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 11.47g (4.17%), Sugar: 2.1g (2.33%), Cholesterol: 58.64mg (19.55%), Sodium: 1060.44mg (46.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.09g (54.19%), Vitamin K: 411.23µg (391.64%), Vitamin A: 7991.99IU (159.84%), Phosphorus: 667.36mg (66.74%), Folate: 199.97µg (49.99%), Manganese: 0.94mg (46.9%), Vitamin B12: 2.53µg (42.22%), Selenium: 28.9µg (41.28%), Vitamin C: 28.26mg (34.26%), Magnesium: 113.19mg (28.3%), Potassium: 954.87mg (27.28%), Vitamin B6: 0.47mg (23.3%), Iron: 3.24mg (17.98%), Zinc: 2.44mg (16.26%), Vitamin B3: 2.98mg (14.88%), Vitamin B2: 0.22mg (13.18%), Vitamin E: 1.86mg (12.37%), Vitamin B1: 0.18mg (12.02%), Calcium: 113.74mg (11.37%), Fiber: 2.68g (10.71%), Copper: 0.19mg (9.59%), Vitamin B5: 0.65mg (6.49%)