



Pan-Seared Scallops with Bacon and Spinach



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 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 center-cut bacon

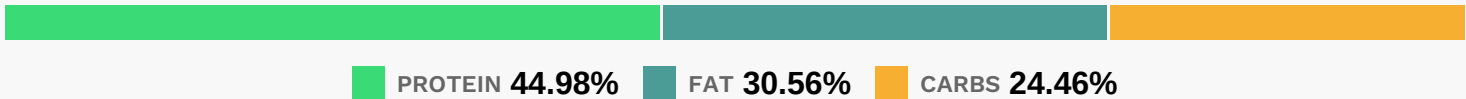
Equipment

- ☐ 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 and set bacon aside. Increase heat to high.
- ☐ Pat scallops dry with paper towels.
- ☐ Sprinkle scallops evenly with 1/4 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 crumbled bacon and 3 scallops.
- ☐ Serve immediately with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.65, Inflammation Score:-10, Nutrition Score:29.174782501615%

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: 228.75kcal (11.44%), Fat: 7.78g (11.97%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 11.34g (4.12%), Sugar: 2.1g (2.33%), Cholesterol: 51.71mg (17.24%), Sodium: 990.93mg (43.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.54%), Vitamin K: 411.23µg (391.64%), Vitamin A: 7988.1IU (159.76%), Phosphorus: 652.24mg (65.22%), Folate: 199.97µg (49.99%), Manganese: 0.94mg (46.84%), Vitamin B12: 2.48µg (41.35%), Selenium: 26.78µg (38.26%), Vitamin C: 28.26mg (34.26%), Magnesium: 111.93mg (27.98%), Potassium: 934.08mg (26.69%), Vitamin B6: 0.44mg (21.9%), Iron: 3.19mg (17.74%), Zinc: 2.32mg (15.44%), Vitamin B3: 2.55mg (12.77%), Vitamin B2: 0.22mg (12.68%), Vitamin E: 1.81mg (12.07%), Calcium: 113.22mg (11.32%), Fiber: 2.68g (10.71%), Vitamin B1: 0.15mg (10.09%), Copper: 0.19mg (9.37%), Vitamin B5: 0.59mg (5.9%)