



Prosciutto-Wrapped Scallops



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups arugula
- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 2 tablespoons olives black pitted chopped (10 olives)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons basil leaves fresh chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 12 slices pancetta
- ☐ 0.3 teaspoon salt

- ☐ 12 medium scallops
- ☐ 0.3 cup sun-dried tomatoes chopped

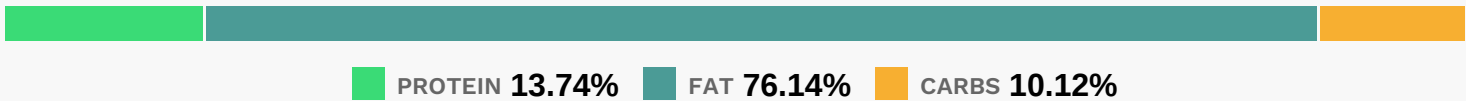
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In a food processor, add the tomatoes, basil, olives, and olive oil and process until finely chopped.
- ☐ Season both sides of the scallops with salt and pepper. Rub each scallop with the tomato mixture. Fold each slice of prosciutto in half lengthwise, then wrap each scallop in 1 slice of prosciutto.
- ☐ Place wrapped scallops in a buttered baking dish, seam side down.
- ☐ Bake until scallop is cooked through, about 15 minutes.
- ☐ In a medium bowl, toss the arugula with the balsamic vinegar. Season the arugula with salt and pepper.
- ☐ Place the arugula on a serving platter or divide among individual dishes. Top with the scallops and serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:1.5, Inflammation Score:-4, Nutrition Score:8.679565206818%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 282.33kcal (14.12%), Fat: 24.14g (37.14%), Saturated Fat: 5.23g (32.71%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 6.04g (2.19%), Sugar: 3.71g (4.12%), Cholesterol: 26.64mg (8.88%), Sodium: 554.79mg (24.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.6%), Vitamin K: 26.39µg (25.14%), Phosphorus: 216.59mg (21.66%), Selenium: 11.04µg (15.77%), Vitamin E: 2.25mg (15.02%), Vitamin B12: 0.75µg (12.58%), Potassium: 425.66mg (12.16%), Manganese: 0.2mg (10.25%), Vitamin B3: 1.95mg (9.77%), Magnesium: 32.83mg (8.21%), Vitamin A: 376.77IU (7.54%), Vitamin B1: 0.11mg (7.43%), Copper: 0.14mg (6.88%), Iron: 1.22mg (6.8%), Vitamin B6: 0.13mg (6.5%), Zinc: 0.89mg (5.95%), Folate: 22.4µg (5.6%), Vitamin C: 4.38mg (5.3%), Fiber: 1.19g (4.74%), Vitamin B5: 0.42mg (4.22%), Vitamin B2: 0.07mg (4.1%), Calcium: 33.71mg (3.37%)