



Scallop and Corn Bacon Burgers with Spicy Mayo

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



799 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ears of corn
- ☐ 6 hamburger buns split soft
- ☐ 3 tablespoons catsup
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 6 lettuce leaves
- ☐ 0.5 cup mayonnaise
- ☐ 1.5 pounds sea scallops coarsely chopped

- ☐ 6 servings all the tabasco sauce you handle
- ☐ 12 slices bacon thick-cut cooked
- ☐ 6 slices tomatoes thick
- ☐ 6 servings vegetable oil

Equipment

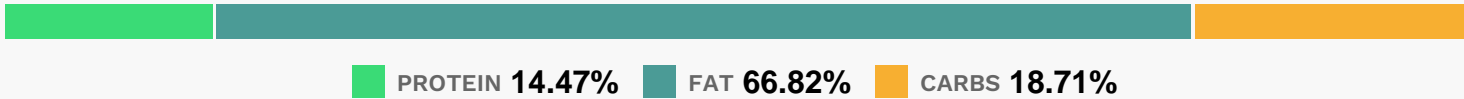
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ In a small bowl, blend the mayonnaise with the ketchup. Season with Tabasco, salt and pepper. Refrigerate.
- ☐ In a medium saucepan of boiling water, cook the corn until tender, about 4 minutes.
- ☐ Transfer to a plate and let cool slightly. Working over the plate, cut the kernels from the cobs; you'll need 1 1/2 cups of corn kernels.
- ☐ In a food processor, process 3/4 cup of the corn kernels to a paste.
- ☐ Add one-third of the scallops, 1 1/2 teaspoons of salt and 1/2 teaspoon of pepper and process to a paste.
- ☐ Add the remaining scallops and process until just blended; there should be small lumps of scallop in the mixture. Scrape the mixture into a medium bowl and stir in the remaining 3/4 cup of corn kernels. With oiled hands, pat the mixture into burgers, then cover and refrigerate them until ready to grill.
- ☐ Light a grill. Toast the hamburger buns over a medium-hot fire, about 10 seconds.
- ☐ Brush the scallop burgers with vegetable oil and grill them over a medium-hot fire until they are nicely charred and barely cooked in the center, about 4 minutes per side.
- ☐ Spread a thin layer of spicy mayonnaise on both halves of the buns.
- ☐ Place the lettuce and tomato slices on the bottom halves and top with the scallop burgers. Top each burger with 2 slices of bacon. Close the sandwiches and serve at once with the remaining spicy mayonnaise on the side.

- ☐ Make Ahead: The recipe can be prepared through Step 3 and the spicy mayo and uncooked burgers refrigerated separately overnight.
- ☐ Wine Recommendation: An inexpensive, ripe Chardonnay with little oak will tame the spice in the mayonnaise and complement the other salty and sweet components in this burger. Two good bottlings: the 2000 Omaka Springs Estates from New Zealand or the 2000 Salmon Harbor from Washington State.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:12.94, Inflammation Score:-9, Nutrition Score:22.618695715199%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 799.21kcal (39.96%), Fat: 59.39g (91.38%), Saturated Fat: 14.55g (90.92%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 35.46g (12.89%), Sugar: 7.92g (8.8%), Cholesterol: 82.58mg (27.53%), Sodium: 1530.09mg (66.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.94g (57.88%), Selenium: 41.58µg (59.4%), Phosphorus: 578.99mg (57.9%), Vitamin K: 58.68µg (55.88%), Vitamin A: 1950.68IU (39.01%), Vitamin B1: 0.54mg (35.8%), Vitamin B12: 2.07µg (34.46%), Vitamin B3: 6.5mg (32.48%), Folate: 88.35µg (22.09%), Manganese: 0.42mg (21.04%), Vitamin B6: 0.38mg (19.08%), Potassium: 622.91mg (17.8%), Zinc: 2.49mg (16.62%), Magnesium: 64.53mg (16.13%), Vitamin E: 2.4mg (16.01%), Vitamin B2: 0.27mg (15.77%), Iron: 2.72mg (15.13%), Vitamin C: 8.46mg (10.25%), Vitamin B5: 1mg (10.03%), Calcium: 84.71mg (8.47%), Fiber: 1.95g (7.8%), Copper: 0.14mg (6.91%), Vitamin D: 0.33µg (2.17%)