



## Scallop and Prosciutto Bites

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



8

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons olive oil
- 4 ounces pancetta thinly sliced
- 1 pound scallops
- 3 tablespoons white wine

### Equipment

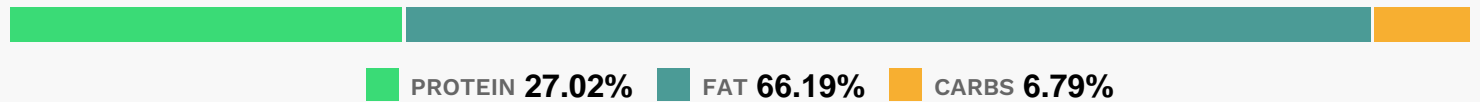
- frying pan
- paper towels

toothpicks

## Directions

- Wrap each scallop with a thin slice of prosciutto and secure with a toothpick.
- Heat the olive oil in a large skillet over medium-high heat.
- Place the scallops into the pan, and cook for about 2 minutes on each side. Season each side with pepper as it is cooking. Once each side has been fried, sprinkle the white wine over the scallops, and cook for another 1 to 2 minutes.
- Remove the scallops from the pan to drain on paper towels. When slightly cooled, transfer to a serving tray, and remove the toothpicks to serve.

## Nutrition Facts



## Properties

Glycemic Index:5.88, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.9595652389462%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 133.94kcal (6.7%), Fat: 9.41g (14.47%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 2.15g (0.78%), Sugar: 0.05g (0.06%), Cholesterol: 22.96mg (7.65%), Sodium: 316.46mg (13.76%), Alcohol: 0.58g (100%), Alcohol %: 0.92% (100%), Protein: 8.64g (17.27%), Phosphorus: 210.9mg (21.09%), Vitamin B12: 0.87µg (14.51%), Selenium: 10.12µg (14.45%), Vitamin B3: 0.98mg (4.88%), Zinc: 0.69mg (4.6%), Potassium: 149.16mg (4.26%), Vitamin B6: 0.08mg (4.1%), Vitamin E: 0.57mg (3.77%), Magnesium: 14.84mg (3.71%), Vitamin B1: 0.04mg (2.9%), Folate: 9.14µg (2.28%), Vitamin K: 2.23µg (2.13%), Vitamin B5: 0.2mg (2.04%), Iron: 0.31mg (1.75%), Manganese: 0.03mg (1.29%), Vitamin B2: 0.02mg (1.23%)