

Scallop Blankets Appetizer

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices bacon cut in half
- 1 green onion cut into 1 inch pieces
- 0.5 teaspoon salt
- 0.5 pound scallops
- 2 tablespoons cooking sherry
- 6 water chestnuts sliced
- 0.5 teaspoon sugar white

Equipment

- bowl
- frying pan
- toothpicks
- broiler

Directions

- In a large bowl, stir together sugar and sherry.
- Add scallops to the bowl, and marinate for 30 minutes.
- Remove scallops from marinade, and sprinkle with salt. Center a scallop or scallop piece, a slice of water chestnut, and a slice of scallion on a piece of bacon. Wrap, and secure with a toothpick. Arrange on a broiling pan.
- Place pan under broiler for 10 minutes, turning once, until bacon is golden and cooked.

Nutrition Facts

PROTEIN 23.93% **FAT 64.17%** **CARBS 11.9%**

Properties

Glycemic Index:19.52, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:3.8547826020614%

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 Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 130.47kcal (6.52%), Fat: 8.93g (13.74%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.34g (1.21%), Sugar: 0.75g (0.84%), Cholesterol: 23.59mg (7.86%), Sodium: 489.2mg (21.27%), Alcohol: 0.51g (100%), Alcohol %: 0.86% (100%), Protein: 7.49g (14.98%), Phosphorus: 162.12mg (16.21%), Selenium: 9.37µg (13.39%), Vitamin B12: 0.64µg (10.72%), Vitamin B3: 1.21mg (6.07%), Vitamin B6: 0.11mg (5.55%), Zinc: 0.67mg (4.45%), Vitamin B1: 0.07mg (4.41%), Potassium: 145.81mg (4.17%), Vitamin K: 4.19µg (3.99%), Magnesium: 12.54mg (3.14%), Vitamin B5: 0.23mg (2.26%), Iron: 0.39mg (2.19%), Folate: 8.14µg (2.04%), Vitamin B2: 0.03mg (1.71%), Copper: 0.03mg (1.66%), Manganese: 0.03mg (1.6%), Fiber: 0.38g (1.53%), Vitamin E: 0.17mg (1.15%)