



## Scallop Kabobs with Beets & Prosciutto



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1.5 pound beets trimmed scrubbed cut into 1 ½" chunks
- ☐ 1 tablespoon kosher salt
- ☐ 2 lemons
- ☐ 4 sprigs mint leaves
- ☐ 2 tablespoon olive oil extra-virgin
- ☐ 1 teaspoon freshly cracked pepper black
- ☐ 0.3 pound pancetta thinly sliced

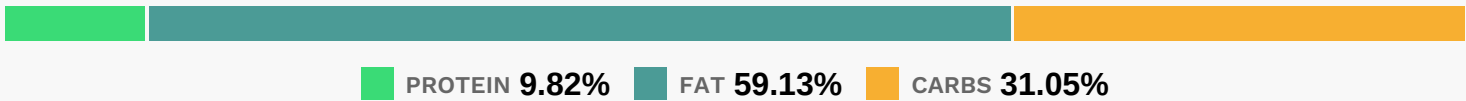
## Equipment

- ☐ paper towels
- ☐ pot
- ☐ grill
- ☐ skewers

## Directions

- ☐ Fill a large pot with cool water.
- ☐ Add beets; bring to a boil. Reduce heat to simmer; cook until beets are fork tender, but not mushy about 12 minutes.
- ☐ Remove from heat.
- ☐ Let cool slightly; rub away skins with a paper towel. Set aside. Rinse scallops; pat dry. Wrap scallops in a slice of prosciutto, tucking in a mint leaf or two between the scallop and mint. Thread 3 or 4 scallops, alternating with beet, on each of 8 skewers. Squeeze juice of 1 lemon on all sides of the skewers.
- ☐ Brush gently with some olive oil, and season with salt and pepper. Arrange skewers, off direct heat, on a medium-hot grill. Grill, rotating skewers and brushing with more oil as needed to prevent sticking, until barely cooked through, about 5 minutes. The scallops will finish cooking as they rest. The beets should be soft and slightly charred.
- ☐ Remove from the grill and squeeze with the juice of the remaining lemon.

## Nutrition Facts



## Properties

Glycemic Index:15.19, Glycemic Load:4.16, Inflammation Score:-4, Nutrition Score:6.4973912653716%

## Flavonoids

Eriodictyol: 5.92mg, Eriodictyol: 5.92mg, Eriodictyol: 5.92mg, Eriodictyol: 5.92mg Hesperetin: 7.58mg, Hesperetin: 7.58mg, Hesperetin: 7.58mg, Hesperetin: 7.58mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 135.43kcal (6.77%), Fat: 9.36g (14.41%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 7.82g (2.84%), Sugar: 6.43g (7.14%), Cholesterol: 9.36mg (3.12%), Sodium: 1033.04mg (44.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Folate: 96.29µg (24.07%), Vitamin C: 18.64mg (22.59%), Manganese: 0.33mg (16.47%), Fiber: 3.24g (12.96%), Potassium: 348.12mg (9.95%), Magnesium: 24.27mg (6.07%), Phosphorus: 59.51mg (5.95%), Vitamin B6: 0.12mg (5.88%), Iron: 0.98mg (5.43%), Vitamin B1: 0.08mg (5.13%), Selenium: 3.57µg (5.1%), Vitamin B3: 0.89mg (4.46%), Vitamin E: 0.64mg (4.28%), Copper: 0.09mg (4.27%), Zinc: 0.49mg (3.28%), Vitamin B2: 0.05mg (3.1%), Vitamin B5: 0.27mg (2.67%), Vitamin K: 2.69µg (2.56%), Calcium: 24.23mg (2.42%), Vitamin A: 61.86IU (1.24%), Vitamin B12: 0.07µg (1.18%)