



## Scallop Skillet with Bacon, Edamame, Basil, and Creamy Grits

 Gluten Free

READY IN



56 min.

SERVINGS



8

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 slices bacon
- 0.3 teaspoon pepper black divided
- 0.5 cup cooking wine dry white
- 1 cup edamame green frozen shelled ( soybeans)
- 0.3 cup basil fresh thinly sliced
- 2 garlic cloves minced
- 1 cup grape tomatoes

- 8 servings creamy grits
- 1 cup bell pepper red chopped
- 0.8 teaspoon salt divided
- 2 pounds sea scallops
- 1 cup onion sweet chopped
- 2 tablespoons butter unsalted

## Equipment

- frying pan
- paper towels

## Directions

- Prepare Creamy Grits; cover and keep warm.
- Cook bacon in a large skillet over medium-high heat 9 minutes or until crisp; remove bacon, and drain on paper towels, reserving drippings in skillet. Crumble bacon, and set aside.
- Sprinkle scallops with 1/2 teaspoon salt and 1/8 teaspoon pepper.
- Heat drippings over medium-high heat until hot.
- Add scallops, in 2 batches, and cook 3 minutes. Turn and cook 3 minutes.
- Remove scallops.
- Add butter to pan.
- Add onion and garlic; saut, stirring often, 2 minutes. Stir in bell pepper and edamame; cook 2 minutes or until crisp-tender.
- Add wine, and cook 30 seconds, stirring to loosen particles from bottom of skillet.
- Add bacon, remaining 1/4 teaspoon salt and 1/8 teaspoon pepper, and tomatoes; cook, stirring constantly, 5 minutes or until tomatoes soften. Return scallops to pan; cook 1 minute or just until thoroughly heated.
- Remove from heat, and stir in basil.
- Serve over Creamy Grits.
- Note: Stir the grits just before serving, adding a small amount of hot chicken broth or water if necessary to achieve desired consistency.

# Nutrition Facts

PROTEIN 24.9% FAT 26.55% CARBS 48.55%

## Properties

Glycemic Index:27.13, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:12.793478219405%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

## Nutrients (% of daily need)

Calories: 356.21kcal (17.81%), Fat: 10.06g (15.47%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 39.17g (14.24%), Sugar: 3.18g (3.53%), Cholesterol: 43.82mg (14.61%), Sodium: 758.53mg (32.98%), Alcohol: 1.54g (100%), Alcohol %: 0.75% (100%), Protein: 21.22g (42.44%), Phosphorus: 446.94mg (44.69%), Selenium: 24.19µg (34.56%), Vitamin C: 27.72mg (33.6%), Vitamin B12: 1.67µg (27.89%), Vitamin A: 957.88IU (19.16%), Potassium: 521.45mg (14.9%), Vitamin B6: 0.29mg (14.5%), Magnesium: 45.56mg (11.39%), Vitamin B3: 2.17mg (10.84%), Zinc: 1.5mg (9.97%), Folate: 36.85µg (9.21%), Iron: 1.64mg (9.14%), Fiber: 2.21g (8.85%), Manganese: 0.17mg (8.34%), Vitamin B1: 0.12mg (8.3%), Vitamin B5: 0.62mg (6.22%), Vitamin K: 6.09µg (5.8%), Copper: 0.09mg (4.69%), Vitamin B2: 0.07mg (4.24%), Vitamin E: 0.55mg (3.64%), Calcium: 35.97mg (3.6%)