



Scallops and Haricots Verts with Creamy Bacon Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 teaspoons dijon mustard
- ☐ 4 teaspoons optional: dill fresh chopped
- ☐ 12 ounces haricots verts trimmed
- ☐ 2 pounds scallops
- ☐ 6 slices bacon thick-cut
- ☐ 0.8 cup water
- ☐ 6 tablespoons whipping cream

☐ 0.8 cup citrus champagne vinegar

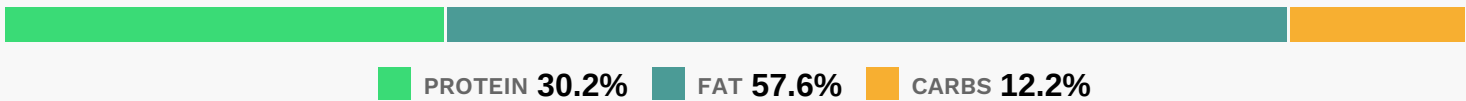
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Sauté bacon strips in heavy large skillet over medium heat until brown and crisp. Using slotted spoon, transfer bacon to paper towels to drain. Reserve skillet and drippings.
- ☐ Cook beans in large pot of boiling salted water until crisp-tender, about 5 minutes.
- ☐ Drain; transfer to large bowl. Cover bowl loosely with foil.
- ☐ Heat drippings in reserved skillet over medium heat.
- ☐ Sprinkle scallops with salt and pepper. Working in batches, add scallops to skillet; cook until browned, about 2 minutes per side.
- ☐ Transfer to bowl with beans; cover loosely with foil. Reserve skillet.
- ☐ Whisk vinegar, water, and mustard into drippings in reserved skillet. Boil over high heat until reduced by half, stirring frequently and scraping up browned bits, about 7 minutes. Stir in whipping cream; bring sauce to boil. Season to taste with salt and pepper.
- ☐ Add bacon to bowl with beans and scallops; mix gently. Divide mixture among 6 plates.
- ☐ Drizzle with sauce, sprinkle with dill, and serve.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.12, Inflammation Score:-6, Nutrition Score:14.395652263061%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 329.87kcal (16.49%), Fat: 20.63g (31.74%), Saturated Fat: 8.46g (52.9%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 8.22g (2.99%), Sugar: 2.31g (2.57%), Cholesterol: 77mg (25.67%), Sodium: 863mg (37.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.67%), Phosphorus: 591.54mg (59.15%), Selenium: 28.02µg (40.02%), Vitamin B12: 2.34µg (38.93%), Vitamin K: 24.89µg (23.7%), Potassium: 530.08mg (15.15%), Vitamin B3: 2.95mg (14.74%), Vitamin B6: 0.29mg (14.64%), Magnesium: 55.24mg (13.81%), Zinc: 2mg (13.32%), Vitamin A: 636.06IU (12.72%), Folate: 43.73µg (10.93%), Vitamin B1: 0.16mg (10.87%), Vitamin C: 7.22mg (8.75%), Manganese: 0.17mg (8.73%), Iron: 1.49mg (8.28%), Vitamin B2: 0.14mg (8.26%), Vitamin B5: 0.7mg (6.97%), Fiber: 1.61g (6.45%), Copper: 0.1mg (4.99%), Calcium: 45.75mg (4.58%), Vitamin E: 0.53mg (3.55%), Vitamin D: 0.38µg (2.56%)