



Scallops Bonne Femme and Spinach with Crispy Prosciutto

READY IN



30 min.

SERVINGS



4

CALORIES



1096 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette split halved
- ☐ 3 to 4 basil leaves fresh chopped
- ☐ 1 cup bread crumbs plain
- ☐ 8 tablespoons butter divided
- ☐ 12 button mushrooms thinly sliced
- ☐ 0.5 cup chicken stock see
- ☐ 1 cup heavy whipping cream
- ☐ 0.5 cup cooking wine dry white

- ☐ 1 tablespoon flour all-purpose
- ☐ 1 clove garlic
- ☐ 1 clove garlic grated
- ☐ 1 dashes hot sauce
- ☐ 4 servings nutmeg freshly grated to taste
- ☐ 5 tablespoons olive oil extra-virgin divided
- ☐ 1 Handful parsley leaves chopped
- ☐ 8 slices pancetta
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 20 large sea scallops dry trimmed
- ☐ 1 large shallots finely chopped
- ☐ 1 pound triple spinach washed
- ☐ 2 thyme sprigs fresh chopped

Equipment

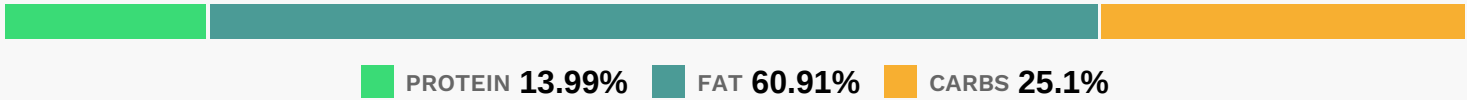
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Place oven rack at center of oven and preheat broiler.
- ☐ Heat 2 tablespoons extra-virgin olive oil in a small pot over medium heat and add the shallots and mushrooms, cook 5 minutes.

- ☐ Add 2 tablespoons butter and flour to softened shallots and mushrooms and cook 1 minute then whisk in wine, reduce 30 seconds, add stock and bring to a bubble. Stir in cream and heat through. Season sauce with nutmeg, salt and pepper and a couple dashes hot sauce, then reduce heat to low.
- ☐ While the sauce is working, cover cookie sheet with foil and place prosciutto on the sheet and crisp up 2 minutes on each side under the broiler. It will continue to crisp as it cools.
- ☐ In a small bowl, combine the remaining 6 tablespoons butter, garlic, thyme and basil.
- ☐ Spread over baguette and place under broiler until toasty. Switch oven to 400 degrees F.
- ☐ Heat a skillet or cast iron pan over high heat. Season the scallops with salt and pepper and dress with 1 tablespoon extra-virgin olive oil. Sear the scallops to caramelize 1 to 1 1/2 minutes on each side then cover them with sauce, bread crumbs and parsley and finish in oven about 6 to 7 minutes until brown and bubbly.
- ☐ While scallops cook, heat remaining 2 tablespoons extra-virgin olive oil over medium heat with crushed garlic, cook 1 minute and remove.
- ☐ Add spinach and wilt into skillet. Season greens with salt and pepper.
- ☐ Serve scallops with wilted spinach alongside and top with broken pieces of crispy prosciutto and toasted bread.

Nutrition Facts



Properties

Glycemic Index:153.69, Glycemic Load:23.58, Inflammation Score:-10, Nutrition Score:48.971303960551%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 1096.46kcal (54.82%), Fat: 73.7g (113.38%), Saturated Fat: 34.2g (213.77%), Carbohydrates: 68.31g (22.77%), Net Carbohydrates: 61.86g (22.49%), Sugar: 9.88g (10.98%), Cholesterol: 174.9mg (58.3%), Sodium: 1619.86mg (70.43%), Alcohol: 3.09g (100%), Alcohol %: 0.64% (100%), Protein: 38.09g (76.18%), Vitamin K: 583.84µg (556.04%), Vitamin A: 12346.23IU (246.92%), Folate: 364.08µg (91.02%), Manganese: 1.79mg (89.35%), Phosphorus: 803.65mg (80.37%), Selenium: 50.4µg (72%), Vitamin B1: 0.87mg (58.11%), Vitamin B2: 0.97mg (57%), Vitamin B3: 10.06mg (50.28%), Iron: 8.19mg (45.52%), Vitamin C: 36.94mg (44.78%), Magnesium: 174.13mg (43.53%), Vitamin E: 6.32mg (42.14%), Potassium: 1456.44mg (41.61%), Vitamin B12: 2.46µg (40.94%), Vitamin B6: 0.64mg (31.81%), Calcium: 302.05mg (30.21%), Copper: 0.59mg (29.4%), Fiber: 6.45g (25.82%), Zinc: 3.72mg (24.8%), Vitamin B5: 2.01mg (20.08%), Vitamin D: 1.14µg (7.57%)