



Scallops with Grapefruit and Bacon

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounces bacon cut into 1-by- 1/4-inch matchsticks
- ☐ 2 tablespoons capers drained
- ☐ 1 large grapefruit (large)
- ☐ 0.3 cup onion minced
- ☐ 35 servings pepper freshly ground
- ☐ 35 servings salt
- ☐ 0.5 cup sauvignon blanc white wine
- ☐ 1.3 pounds sea scallops (20)

☐ 2 tablespoons butter unsalted

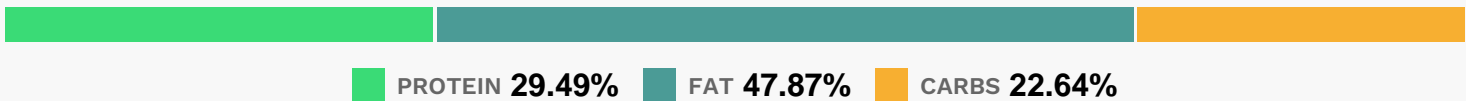
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ slotted spoon

Directions

- ☐ Using a sharp knife, peel the grapefruit, removing all of the bitter white pith. Working over a bowl, cut in between the membranes to release the sections. Squeeze the juice from the membrane into another bowl; you should have about 3 tablespoons of juice.
- ☐ In a large skillet, cook the bacon over moderate heat until crisp, 3 minutes. Using a slotted spoon, transfer it to a small plate.
- ☐ Pour off all but 1 tablespoon of the bacon fat.
- ☐ Season the scallops with salt and pepper, add to the skillet and cook over moderately high heat until browned, 3 minutes. Turn the scallops, add the onion and cook over moderate heat until the scallops are just cooked through, 3 minutes longer.
- ☐ Transfer to a plate.
- ☐ Add the wine and grapefruit juice to the skillet and bring to a simmer over moderate heat. Cook, scraping up any browned bits. Strain the liquid into a heatproof cup, then return it to the skillet.
- ☐ Add the capers and butter and cook, shaking the pan, until the sauce is thickened, 2 to 3 minutes.
- ☐ Add the scallops and any juices to the skillet; turn to coat them with the sauce.
- ☐ Add the grapefruit sections and bacon and serve right away.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:1.4782608753961%

Flavonoids

Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 3.1mg, Naringenin: 3.1mg, Naringenin: 3.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 34.57kcal (1.73%), Fat: 1.71g (2.64%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.61g (0.59%), Sugar: 0.7g (0.78%), Cholesterol: 7.21mg (2.4%), Sodium: 286.19mg (12.44%), Alcohol: 0.35g (100%), Alcohol %: 1.3% (100%), Protein: 2.38g (4.75%), Phosphorus: 60.04mg (6%), Vitamin B12: 0.24µg (4.03%), Vitamin C: 3.06mg (3.71%), Selenium: 2.6µg (3.71%), Vitamin A: 131.66IU (2.63%), Potassium: 54.24mg (1.55%), Magnesium: 5.17mg (1.29%), Zinc: 0.19mg (1.26%), Vitamin B6: 0.03mg (1.26%), Vitamin B3: 0.24mg (1.18%), Folate: 4.19µg (1.05%), Manganese: 0.02mg (1.01%)