



## Scallops with Wilted Spinach and Dijon Mustard Sauce

 Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 tsp heinz balsamic vinegar
- 1 tsp grey poupon country dijon mustard
- 2 Tbsp olive oil extra virgin divided
- 0.5 lb sea scallops
- 4 cups spinach leaves fresh packed
- 4 slices oscar mayer turkey bacon cut in half lenthwise
- 1 tsp water

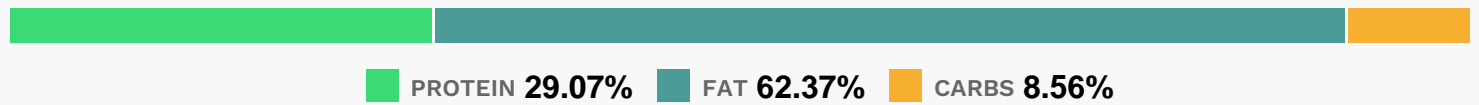
## Equipment

- frying pan
- whisk
- toothpicks

## Directions

- Beat 1 Tbsp. of the olive oil, the mustard, vinegar and water with wire whisk until well blended; set aside.
- Wrap 1 bacon strip around each scallop; secure with toothpick.
- Heat remaining 1 Tbsp. oil in large nonstick skillet on medium-high heat.
- Add scallops; cook 1 minute on each side or until scallops turn opaque.
- Remove from skillet; cover to keep warm.
- Add spinach to skillet; cook 1 to 2 minutes or until spinach is slightly wilted, stirring occasionally.
- Divide spinach among 4 salad plates.
- Remove and discard toothpicks from scallops; place 2 scallops on each plate.
- Drizzle with the Dijon dressing.

## Nutrition Facts



## Properties

Glycemic Index:28.5, Glycemic Load:0.2, Inflammation Score:-9, Nutrition Score:14.596086994461%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

## Nutrients (% of daily need)

Calories: 162.73kcal (8.14%), Fat: 11.34g (17.45%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 2.79g (1.02%), Sugar: 0.24g (0.27%), Cholesterol: 27.33mg (9.11%), Sodium: 579.97mg (25.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.79%), Vitamin K: 150.13µg (142.98%), Vitamin A: 2815.69IU (56.31%), Phosphorus: 269.95mg (27%), Folate: 68.62µg (17.15%), Selenium: 11.59µg (16.56%), Manganese: 0.28mg (14.24%), Vitamin B12: 0.85µg (14.16%), Vitamin E: 1.77mg (11.77%), Magnesium: 40.93mg (10.23%), Vitamin C: 8.44mg (10.22%), Potassium: 341.62mg (9.76%), Iron: 1.39mg (7.71%), Zinc: 1.11mg (7.39%), Vitamin B6: 0.15mg (7.28%), Vitamin B2: 0.1mg (5.86%), Vitamin B3: 1.12mg (5.59%), Copper: 0.07mg (3.72%), Calcium: 35.44mg (3.54%), Fiber: 0.71g (2.86%), Vitamin B1: 0.04mg (2.54%), Vitamin B5: 0.15mg (1.45%)