



Seared Scallops for Two

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



2

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb asparagus spears fresh steamed trimmed
- 0.5 tsp dill weed
- 0.3 cup lite ranch dressing kraft
- 0.5 lb sea scallops (6)
- 2 slices oscar mayer selects uncured turkey bacon chopped

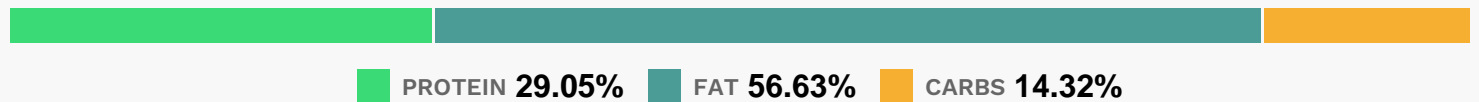
Equipment

- frying pan
- paper towels

Directions

- Cook bacon in large nonstick skillet on medium heat 5 min. or until crisp.
- Remove to paper towels; drain.
- Pat scallops dry with additional paper towel.
- Add to same skillet; cook 4 min. on each side or until centers are opaque and edges are lightly browned.
- Transfer to plate.
- Sprinkle with bacon.
- Mix dressing and dill; spoon over asparagus.
- Serve with scallops.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:18.003043643806%

Flavonoids

Isorhamnetin: 6.47mg, Isorhamnetin: 6.47mg, Isorhamnetin: 6.47mg, Isorhamnetin: 6.47mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 283.42kcal (14.17%), Fat: 17.95g (27.61%), Saturated Fat: 3.44g (21.5%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 7.83g (2.85%), Sugar: 3.54g (3.93%), Cholesterol: 48.74mg (16.25%), Sodium: 1037mg (45.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.71g (41.42%), Vitamin K: 88.37µg (84.16%), Phosphorus: 557.93mg (55.79%), Selenium: 21.79µg (31.12%), Vitamin B12: 1.7µg (28.34%), Folate: 79.61µg (19.9%), Iron: 3.24mg (18.03%), Vitamin A: 874.02IU (17.48%), Potassium: 536.21mg (15.32%), Zinc: 2.12mg (14.13%), Vitamin E: 2.09mg (13.94%), Vitamin B2: 0.24mg (13.92%), Copper: 0.27mg (13.36%), Vitamin B1: 0.18mg (12.2%), Vitamin B3: 2.42mg (12.09%), Vitamin B6: 0.24mg (11.99%), Magnesium: 46.4mg (11.6%), Manganese: 0.21mg (10.57%), Fiber: 2.38g (9.53%), Vitamin B5: 0.79mg (7.94%), Vitamin C: 6.37mg (7.72%), Calcium: 43.73mg (4.37%)