



Seared Scallops over Bacon and Spinach Salad with Cider Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup apple cider
- ☐ 6 ounce baby spinach fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 teaspoon curry powder
- ☐ 1.5 cups apples i use 2 granny smith apples thinly sliced (1)
- ☐ 0.1 teaspoon ground pepper red

- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup onion red thinly sliced
- ☐ 0.8 teaspoon salt divided
- ☐ 1.5 pounds scallops
- ☐ 0.3 cup shallots chopped
- ☐ 2 teaspoons sugar
- ☐ 4 slices bacon

Equipment

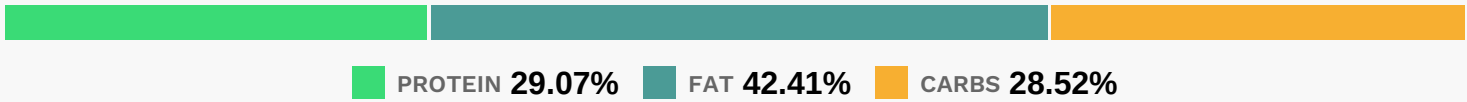
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine cider and sugar in a small saucepan over medium-high heat. Bring to a boil; cook until reduced to 1/4 cup (about 9 minutes).
- ☐ Remove from heat.
- ☐ Cook bacon in a small nonstick skillet over medium-high heat until crisp.
- ☐ Remove bacon from pan, reserving 1 teaspoon drippings in pan; set bacon aside.
- ☐ Add chopped shallots to drippings in pan; saut 1 minute.
- ☐ Remove pan from heat; stir in cider mixture, cider vinegar, 1/4 teaspoon salt, and black pepper.
- ☐ Crumble reserved bacon.
- ☐ Combine bacon, Granny Smith apple, onion, and spinach in a large bowl.
- ☐ Combine remaining 1/2 teaspoon salt, curry powder, and red pepper in a small bowl.
- ☐ Sprinkle salt mixture evenly over both sides of scallops.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add scallops to pan; cook 3 minutes on each side or until done.
- ☐ Drizzle cider mixture over spinach mixture; toss gently to coat.

Place about 2 1/2 cups salad mixture on each of 4 plates; top each serving with 5 scallops.

Nutrition Facts



Properties

Glycemic Index:85.21, Glycemic Load:6.88, Inflammation Score:-10, Nutrition Score:25.548260748386%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 6.31mg, Epicatechin: 6.31mg, Epicatechin: 6.31mg, Epicatechin: 6.31mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 371.85kcal (18.59%), Fat: 17.51g (26.94%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 26.49g (8.83%), Net Carbohydrates: 23.53g (8.55%), Sugar: 14.48g (16.09%), Cholesterol: 64.58mg (21.53%), Sodium: 1380.22mg (60.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.01g (54.01%), Vitamin K: 208.18µg (198.27%), Vitamin A: 4060.61IU (81.21%), Phosphorus: 663.94mg (66.39%), Vitamin B12: 2.58µg (42.97%), Selenium: 29.79µg (42.55%), Folate: 118.96µg (29.74%), Manganese: 0.57mg (28.39%), Potassium: 843.6mg (24.1%), Magnesium: 85.89mg (21.47%), Vitamin C: 16.87mg (20.45%), Vitamin B6: 0.4mg (20.15%), Zinc: 2.32mg (15.48%), Vitamin B3: 3.09mg (15.47%), Iron: 2.36mg (13.09%), Vitamin B1: 0.18mg (12.03%), Fiber: 2.97g (11.87%), Vitamin B2: 0.17mg (9.73%), Vitamin E: 1.45mg (9.68%), Copper: 0.15mg (7.56%), Calcium: 71.99mg (7.2%), Vitamin B5: 0.71mg (7.12%)