



Seared Scallops with Bacon, Cabbage, and Apple



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 3 tablespoons apple cider vinegar
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1.5 cups fuji apple chopped (1 medium)
- ☐ 6 cups cabbage green thinly sliced

- ☐ 0.3 teaspoon salt
- ☐ 1 pound scallops
- ☐ 3 bacon
- ☐ 0.5 cup water

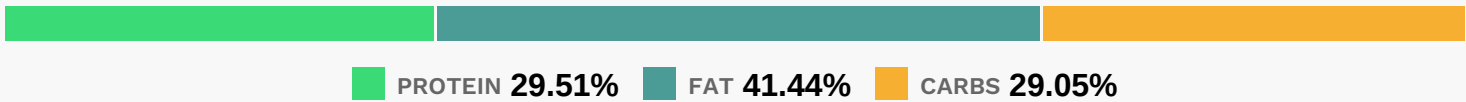
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook bacon pieces in a Dutch oven over medium-high heat until crisp.
- ☐ Remove bacon pieces from pan, reserving 1 1/2 tablespoons drippings in pan.
- ☐ Add sliced cabbage and chopped thyme to pan; saut 2 minutes, stirring cabbage mixture occasionally.
- ☐ Add 1/2 cup water, scraping pan to loosen browned bits. Bring mixture to a boil. Reduce heat to medium; cover pan. Cook 5 more minutes. Stir in chopped apple and cider vinegar; cover. Cook 5 minutes. Stir in cooked bacon and 1/4 teaspoon pepper.
- ☐ Heat a large, heavy skillet over high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle scallops with 1/4 teaspoon salt and remaining 1/4 teaspoon black pepper.
- ☐ Add scallops to pan; cook 3 minutes on each side or until scallops are done.
- ☐ Place about 1 cup cabbage mixture on each of 4 plates. Arrange 4 scallops on each serving.
- ☐ Sprinkle each serving with 1/2 teaspoon dill.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:3.39, Inflammation Score:-9, Nutrition Score:16.788695581581%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 233.39kcal (11.67%), Fat: 10.83g (16.66%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 13.01g (4.73%), Sugar: 8.28g (9.2%), Cholesterol: 38.11mg (12.7%), Sodium: 720.74mg (31.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.35g (34.7%), Vitamin K: 83.74µg (79.75%), Vitamin C: 43.43mg (52.64%), Phosphorus: 438.15mg (43.81%), Vitamin B12: 1.68µg (28.02%), Selenium: 18.17µg (25.96%), Folate: 65.6µg (16.4%), Fiber: 4.06g (16.24%), Manganese: 0.3mg (14.82%), Potassium: 516.38mg (14.75%), Vitamin B6: 0.28mg (14.15%), Magnesium: 45.99mg (11.5%), Zinc: 1.48mg (9.85%), Vitamin B3: 1.78mg (8.92%), Vitamin B1: 0.13mg (8.44%), Iron: 1.4mg (7.81%), Calcium: 62.51mg (6.25%), Vitamin E: 0.93mg (6.19%), Vitamin B5: 0.6mg (5.97%), Vitamin B2: 0.09mg (5.49%), Vitamin A: 226.09IU (4.52%), Copper: 0.08mg (4.22%)