



Seared Scallops with Brussels Sprouts and Bacon

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces bacon
- ☐ 10 ounces brussels sprouts trimmed halved lengthwise
- ☐ 0.8 teaspoon cornstarch
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 cup chicken broth low-sodium
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt

- ☐ 1.3 pounds scallops
- ☐ 1 pinch sugar
- ☐ 1.5 tablespoons butter unsalted
- ☐ 0.3 cup water

Equipment

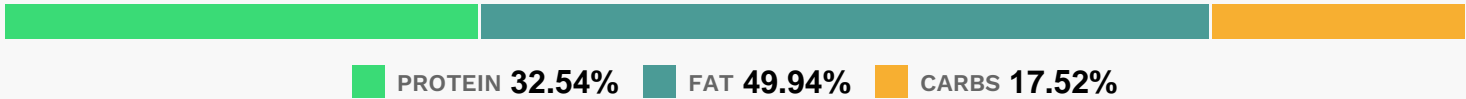
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Blanch Brussels sprouts in a 3- to 4-quart saucepan of boiling salted water, uncovered, 3 minutes, then drain.
- ☐ Cook bacon in a 10-inch heavy skillet over moderate heat, turning over occasionally, until crisp.
- ☐ Transfer bacon with a slotted spoon to a small bowl and reserve bacon fat in another small bowl.
- ☐ Add 1/4 cup broth and 1/4 cup water to skillet and bring to a simmer, scraping up any brown bits.
- ☐ Add butter, salt, sugar, a pinch of pepper, and Brussels sprouts and simmer, covered, 4 minutes.
- ☐ Remove lid and cook over moderately high heat, stirring occasionally, until all liquid is evaporated and Brussels sprouts are tender and golden brown, about 8 minutes more. Stir in bacon and remove from heat.
- ☐ While Brussels sprouts are browning, pat scallops dry and season with salt and pepper.
- ☐ Heat oil with 2 teaspoons bacon fat in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sear scallops, turning over once, until golden brown and just cooked through, 4 to 6 minutes total.
- ☐ Transfer to a platter as cooked and keep warm, loosely covered with foil.

- ☐
- Pour off and discard any fat from skillet used to cook scallops.
- ☐
- Add remaining 3/4 cup broth and simmer, stirring and scraping up any brown bits, 1 minute. Stir cornstarch into remaining 2 teaspoons water in a cup, then stir into sauce along with any scallop juices accumulated on platter. Simmer, stirring, 1 minute, then remove from heat and stir in lemon juice and salt and pepper to taste.
- ☐
- Serve Brussels sprouts topped with scallops and sauce.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:1.34, Inflammation Score:-7, Nutrition Score:21.134348076323%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 2.37mg, Naringenin: 2.37mg, Naringenin: 2.37mg, Naringenin: 2.37mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 284.65kcal (14.23%), Fat: 15.97g (24.56%), Saturated Fat: 6.13g (38.32%), Carbohydrates: 12.6g (4.2%), Net Carbohydrates: 9.89g (3.6%), Sugar: 1.95g (2.17%), Cholesterol: 59.34mg (19.78%), Sodium: 878.59mg (38.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.41g (46.82%), Vitamin K: 127.02µg (120.97%), Vitamin C: 61.21mg (74.19%), Phosphorus: 572.17mg (57.22%), Vitamin B12: 2.17µg (36.21%), Selenium: 23.62µg (33.74%), Potassium: 663.02mg (18.94%), Folate: 66.57µg (16.64%), Vitamin B6: 0.32mg (16.12%), Vitamin B3: 3.19mg (15.96%), Vitamin A: 677.86IU (13.56%), Manganese: 0.27mg (13.32%), Magnesium: 51.04mg (12.76%), Zinc: 1.91mg (12.7%), Vitamin B1: 0.17mg (11.2%), Fiber: 2.7g (10.82%), Iron: 1.76mg (9.77%), Vitamin E: 1.13mg (7.52%), Vitamin B2: 0.12mg (7.19%), Vitamin B5: 0.65mg (6.51%), Copper: 0.13mg (6.26%), Calcium: 43.67mg (4.37%), Vitamin D: 0.16µg (1.09%)