



Seared Scallops with Pancetta over Avocado and Wasabi

 **Gluten Free**

READY IN



25 min.

SERVINGS



6

CALORIES



320 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 avocados
- 1 tablespoon butter
- 1 garlic clove smashed
- 0.5 juice of lemon juiced
- 12 slices pancetta
- 0.5 bell pepper diced red for garnish finely
- 6 servings salt and pepper black freshly ground

- 6 large sea scallops
- 3 teaspoons wasabi powder

Equipment

- food processor
- frying pan

Directions

- Halve the 3 avocados and remove the pits. Spoon out flesh into a food processor and add wasabi, lemon juice, salt and pepper, to taste. Process until it's a smooth consistency. Cover and place in refrigerator until ready to serve.
- Heat a frying pan on medium heat. Cook pancetta until crispy and fat has rendered.
- Remove pancetta from pan reserving the fat and add butter and garlic. Once the butter has melted add the scallops to the pan and gently sear until lightly browned. About 1 minute per side. Spoon some avocado puree on each plate, arrange pancetta on top followed by the seared scallops. Dice your red pepper finely and garnish.

Nutrition Facts


 PROTEIN **11.23%**  FAT **75.56%**  CARBS **13.21%**

Properties

Glycemic Index:30.67, Glycemic Load:0.92, Inflammation Score:-6, Nutrition Score:13.388260908749%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg 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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 319.66kcal (15.98%), Fat: 27.97g (43.03%), Saturated Fat: 7.11g (44.44%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 3.98g (1.45%), Sugar: 1.15g (1.28%), Cholesterol: 30.7mg (10.23%), Sodium: 325.61mg (14.16%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.35g (18.71%), Vitamin C: 24.08mg (29.18%), Fiber: 7.02g (28.1%), Folate: 91.46µg (22.86%), Vitamin K: 21.93µg (20.88%), Phosphorus: 197.44mg (19.74%), Vitamin B6: 0.39mg (19.63%), Potassium: 634.6mg (18.13%), Vitamin B5: 1.66mg (16.59%), Vitamin E: 2.42mg (16.11%), Vitamin B3: 3.19mg (15.97%), Selenium: 9.98µg (14.26%), Copper: 0.22mg (10.76%), Vitamin A: 527.71IU (10.55%), Vitamin B1: 0.15mg (10.3%), Magnesium: 41.13mg (10.28%), Vitamin B2: 0.17mg (9.93%), Vitamin B12: 0.57µg (9.45%), Manganese: 0.19mg (9.27%), Zinc: 1.29mg (8.6%), Iron: 0.85mg (4.72%), Calcium: 18.65mg (1.87%)