



Seared Scallops with Prosciutto Bits



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons basil leaves fresh italian finely chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup tomatoes
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 slices pancetta paper-thin
- ☐ 12 sea scallops

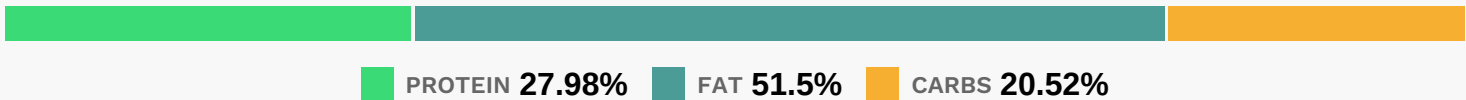
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare the grill for direct cooking over medium heat (350 to 450F).
- ☐ Remove and discard the small, tough side muscle that might be left on each scallop. Lightly brush the scallops with the oil and season evenly with the salt and pepper.
- ☐ Brush the cooking grates clean. Grill the prosciutto over direct medium heat, with the lid open, until the meat browns on the edges and turns crispy, 1 to 3 minutes, turning once or twice.
- ☐ Remove from the grill and let cool. Roughly chop the prosciutto into pieces.
- ☐ Grill the scallops over direct medium heat, with the lid closed as much as possible, until just opaque in the center, 4 to 6 minutes, turning once or twice.
- ☐ Remove from the grill.
- ☐ In a small saucepan over medium heat, warm the marinara sauce. To serve, divide the marinara sauce evenly among four plates. Arrange three scallops on top.
- ☐ Garnish with the chopped prosciutto and fresh herbs.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:0.43, Inflammation Score:-2, Nutrition Score:2.7934782391657%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 37.76kcal (1.89%), Fat: 2.2g (3.39%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.88g (0.98%), Cholesterol: 5.38mg (1.79%), Sodium: 314.04mg (13.65%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.39%), Vitamin K: 14.73µg (14.03%), Phosphorus: 69.58mg (6.96%), Vitamin B12: 0.26µg (4.36%), Selenium: 2.78µg (3.97%), Vitamin E: 0.57mg (3.79%), Vitamin A: 174.88IU (3.5%), Vitamin C: 2.78mg (3.37%), Potassium: 117.97mg (3.37%), Vitamin B3: 0.44mg (2.22%), Vitamin B6: 0.04mg (2.11%), Magnesium: 8.32mg (2.08%), Iron: 0.37mg (2.07%), Manganese: 0.04mg (1.87%), Copper: 0.03mg (1.75%), Zinc: 0.25mg (1.64%), Fiber: 0.41g (1.63%), Folate: 6.31µg (1.58%), Vitamin B5: 0.13mg (1.27%), Vitamin B2: 0.02mg (1.22%)