



Seared Scallops with Wilted Watercress and Bacon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 2 large garlic cloves thinly sliced
- ☐ 0.4 teaspoon kosher salt divided
- ☐ 3 tablespoons lower-sodium chicken broth fat-free
- ☐ 1.5 pounds sea scallops (16)
- ☐ 0.5 cup shallots sliced

- ☐ 0.3 teaspoon sugar
- ☐ 2 slices center-cut bacon
- ☐ 8 ounce watercress trimmed

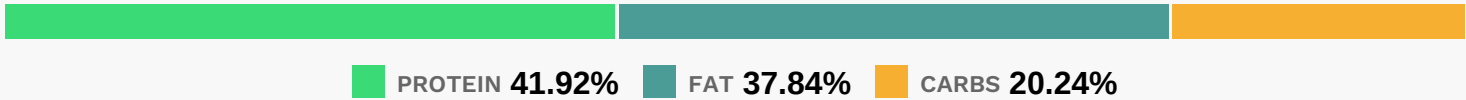
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle both sides of scallops evenly with 1/4 teaspoon salt, sugar, and pepper.
- ☐ Add scallops to pan; cook 3 minutes or until done, turning after 2 minutes.
- ☐ Remove from pan; keep warm.
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan; crumble. Discard all but 2 teaspoons drippings.
- ☐ Add shallots and garlic to drippings in pan; saut 2 minutes.
- ☐ Add broth to pan; bring to a boil.
- ☐ Add remaining 1/8 teaspoon salt and watercress to pan; cook 30 seconds or until greens begin to wilt.
- ☐ Place 4 scallops and about 1 cup watercress on each of 4 plates.
- ☐ Sprinkle servings evenly with bacon.

Nutrition Facts



Properties

Glycemic Index:48.52, Glycemic Load:1.67, Inflammation Score:-9, Nutrition Score:20.549130521391%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 13.06mg, Kaempferol: 13.06mg, Kaempferol: 13.06mg, Kaempferol: 13.06mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 17.03mg, Quercetin: 17.03mg, Quercetin: 17.03mg

Nutrients (% of daily need)

Calories: 241.68kcal (12.08%), Fat: 10.07g (15.5%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 10.85g (3.94%), Sugar: 2.71g (3.01%), Cholesterol: 52.7mg (17.57%), Sodium: 1051.35mg (45.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.12g (50.23%), Vitamin K: 143.54µg (136.7%), Phosphorus: 648.2mg (64.82%), Vitamin B12: 2.49µg (41.47%), Selenium: 26.47µg (37.82%), Vitamin A: 1822.69IU (36.45%), Vitamin C: 27.21mg (32.99%), Potassium: 699.3mg (19.98%), Vitamin B6: 0.37mg (18.3%), Magnesium: 58.19mg (14.55%), Manganese: 0.29mg (14.46%), Zinc: 1.96mg (13.06%), Folate: 42.43µg (10.61%), Vitamin B3: 2.1mg (10.52%), Calcium: 93.22mg (9.32%), Vitamin B1: 0.13mg (8.9%), Vitamin B5: 0.74mg (7.37%), Vitamin B2: 0.12mg (6.82%), Iron: 1.22mg (6.79%), Vitamin E: 1.01mg (6.72%), Copper: 0.12mg (6.09%), Fiber: 1.28g (5.11%)