



Spicy Bacon-Wrapped Scallops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



10

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 slices bacon
- 1 teaspoon cajun spice
- 1 optional: lemon cut into wedges
- 1 tablespoon olive oil
- 10 sea scallops

Equipment

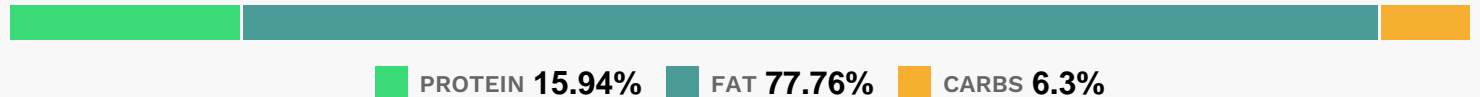
- frying pan
- paper towels

toothpicks

Directions

- Arrange bacon in a large skillet and cook over medium-high heat, turning occasionally, until lightly browned but still pliable, about 5 minutes.
- Drain the bacon slices on paper towels.
- Wrap each slice of bacon around one sea scallop and secure with a toothpick. Season with Cajun seasoning.
- Heat olive oil in a clean skillet over medium-high heat; sear scallops until golden and bacon is crisp, 3 to 4 minutes on each side. Squeeze lemon over scallops.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4.05, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:2.8730434930843%

Flavonoids

Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 118.16kcal (5.91%), Fat: 10.26g (15.79%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.5g (0.55%), Sugar: 0.29g (0.32%), Cholesterol: 18.12mg (6.04%), Sodium: 204.82mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Selenium: 6.4µg (9.14%), Phosphorus: 84.14mg (8.41%), Vitamin C: 5.73mg (6.94%), Vitamin B12: 0.32µg (5.36%), Vitamin B3: 1.02mg (5.11%), Vitamin B1: 0.07mg (4.45%), Vitamin B6: 0.08mg (4.12%), Zinc: 0.41mg (2.74%), Potassium: 93.79mg (2.68%), Vitamin E: 0.37mg (2.47%), Vitamin A: 109.47IU (2.19%), Vitamin B5: 0.18mg (1.8%), Magnesium: 7.16mg (1.79%), Fiber: 0.37g (1.49%), Iron: 0.26mg (1.46%), Vitamin B2: 0.02mg (1.45%)