



Teriyaki Bacon Wrapped Scallops



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



12

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 slices bacon halved
- 0.3 cup brown sugar
- 3 tablespoons ginger root fresh minced
- 12 large sea scallops cut into thirds
- 0.5 cup teriyaki sauce

Equipment

- bowl
- baking sheet

- oven
- whisk
- toothpicks
- aluminum foil
- broiler

Directions

- Set oven rack about 6 inches from the heat source and preheat the oven's broiler. Line 2 baking sheets with aluminum foil.
- Whisk teriyaki sauce, brown sugar, and ginger in a bowl.
- Wrap each piece of scallop with a strip of bacon and secure with a toothpick. Dip each bacon wrapped scallop in the teriyaki sauce mixture and arrange on one of the prepared baking sheets.
- Broil in preheated oven until lightly charred, about 6 minutes. Flip scallops and transfer to the clean baking sheet and return scallops to the oven. Continue to broil until bacon is charred on the second side, about 6 minutes more.

Nutrition Facts

PROTEIN 17.81% **FAT 62.26%** **CARBS 19.93%**

Properties

Glycemic Index:1.25, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:4.0552174675724%

Nutrients (% of daily need)

Calories: 193.61kcal (9.68%), Fat: 13.26g (20.4%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 9.51g (3.46%), Sugar: 7.65g (8.5%), Cholesterol: 28.98mg (9.66%), Sodium: 797.6mg (34.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.07%), Phosphorus: 167.04mg (16.7%), Selenium: 10.69µg (15.27%), Vitamin B12: 0.59µg (9.8%), Vitamin B3: 1.71mg (8.55%), Vitamin B1: 0.1mg (6.48%), Vitamin B6: 0.13mg (6.35%), Potassium: 169.23mg (4.84%), Magnesium: 19.18mg (4.8%), Zinc: 0.68mg (4.55%), Vitamin B5: 0.28mg (2.83%), Iron: 0.51mg (2.82%), Vitamin B2: 0.04mg (2.37%), Copper: 0.04mg (1.98%), Folate: 6.01µg (1.5%), Calcium: 11.8mg (1.18%)