



Tropical Surf & Turf

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 slices oscar mayer natural uncured bacon smoked
- 12 pineapple chunks fresh (1 inch)
- 0.5 lb sea scallops

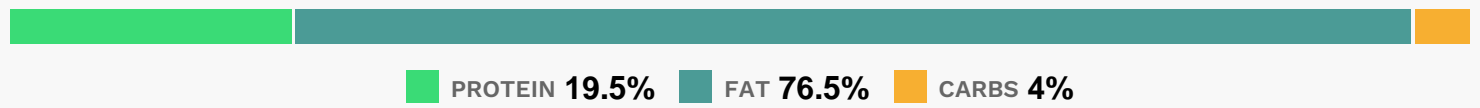
Equipment

- paper towels
- oven
- toothpicks
- broiler pan

Directions

- Heat oven to 400F.
- Pat scallops and pineapple dry with paper towels.
- Cut each scallop in half.
- Wrap each scallop and pineapple chunk with bacon piece; secure with wooden toothpicks.
- Place on rack of broiler pan.
- Bake 25 min. or until scallops are opaque and bacon is done.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.78782608975535%

Nutrients (% of daily need)

Calories: 36.13kcal (1.81%), Fat: 3.03g (4.66%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 0.36g (0.12%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.05g (0.05%), Cholesterol: 6.53mg (2.18%), Sodium: 75.34mg (3.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Selenium: 2.35µg (3.35%), Phosphorus: 32.53mg (3.25%), Vitamin B12: 0.13µg (2.15%), Vitamin B3: 0.35mg (1.75%), Vitamin B1: 0.02mg (1.44%), Vitamin B6: 0.03mg (1.25%)