



Turkey Bacon-Wrapped Scallops with Wilted Spinach

 Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



30

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp heinz balsamic vinegar
- 1 tsp grey poupon country dijon mustard
- 2 Tbsp olive oil extra virgin divided
- 0.5 lb sea scallops dry
- 4 cups tightly spinach leaves fresh packed
- 4 slices oscar mayer selects uncured turkey bacon
- 1 tsp water

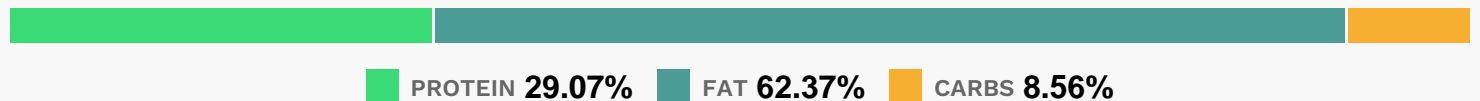
Equipment

- frying pan
- whisk
- toothpicks

Directions

- Beat 1 Tbsp. oil, mustard, vinegar and water with whisk until blended.
- Wrap bacon around scallops; secure with toothpicks.
- Heat remaining oil in large nonstick skillet on medium-high heat.
- Add scallops; cook 1 to 2 min. on each side or until scallops are opaque.
- Remove from skillet; cover to keep warm.
- Add spinach to skillet; cook 1 to 2 min. or just until spinach starts to wilt, stirring occasionally.
- Place spinach on 4 salad plates.
- Remove and discard toothpicks from scallops; place 2 scallops on each plate.
- Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:2.1947825908985%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 21.7kcal (1.08%), Fat: 1.51g (2.33%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.37g (0.14%), Sugar: 0.03g (0.04%), Cholesterol: 3.64mg (1.21%), Sodium: 77.33mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Vitamin K: 20.02µg (19.06%), Vitamin A: 375.43IU

(7.51%), Phosphorus: 35.99mg (3.6%), Folate: 9.15µg (2.29%), Selenium: 1.55µg (2.21%), Manganese: 0.04mg (1.9%),
Vitamin B12: 0.11µg (1.89%), Vitamin E: 0.24mg (1.57%), Magnesium: 5.46mg (1.36%), Vitamin C: 1.12mg (1.36%),
Potassium: 45.55mg (1.3%), Iron: 0.19mg (1.03%)