



Warm salad of scallops & bacon



Gluten Free



Dairy Free

READY IN



48 min.

SERVINGS



8

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 scallops
- ☐ 8 tbsp olive oil
- ☐ 4 tbsp juice of lemon
- ☐ 12 slices bacon thin
- ☐ 2 tsp dijon mustard
- ☐ 1 tsp clear honey
- ☐ 2 tsp caper chopped
- ☐ 4 tbsp parsley chopped

☐ 1 head salad leaves curly endive

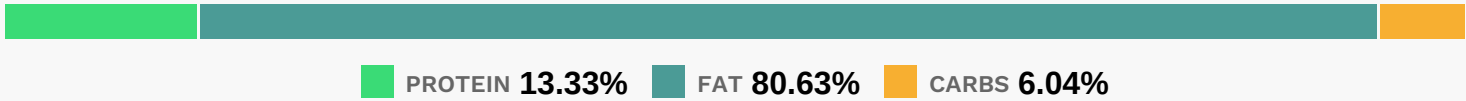
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan
- ☐ cocktail sticks

Directions

- ☐ Wash and dry the scallops and put them in a bowl.
- ☐ Mix 2 tbsp of the olive oil and 2 tbsp of the lemon juice in a bowl with a little salt and pepper, then pour over the scallops. Leave for 15 mins, until the scallops have turned white.
- ☐ Cut each strip of bacon in half across and wrap around a scallop. Secure with cocktail sticks.
- ☐ Whisk together the remaining 2 tbsp lemon juice with the mustard, honey, salt and pepper.
- ☐ Whisk in the remaining 6 tbsp olive oil until the dressing is thick, then stir in the capers and parsley. Divide the curly endive between 8 serving plates.
- ☐ Preheat a grill to hot.
- ☐ Lay the scallops in one layer over a lined grill pan. Grill the scallops for 3–4 mins each side, until the bacon is crisp and golden. Put three scallops on each plate and spoon over the dressing.

Nutrition Facts



Properties

Glycemic Index:14.53, Glycemic Load:0.4, Inflammation Score:-8, Nutrition Score:13.756521821022%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.63mg,

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 304.79kcal (15.24%), Fat: 27.48g (42.28%), Saturated Fat: 6.41g (40.05%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 3.34g (1.22%), Sugar: 1.14g (1.27%), Cholesterol: 32.58mg (10.86%), Sodium: 436.62mg (18.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.22g (20.44%), Vitamin K: 123.8µg (117.91%), Vitamin A: 1790.7IU (35.81%), Phosphorus: 214.23mg (21.42%), Vitamin E: 2.83mg (18.87%), Selenium: 12.93µg (18.46%), Vitamin C: 12.24mg (14.84%), Vitamin B12: 0.8µg (13.33%), Folate: 42.88µg (10.72%), Vitamin B3: 1.83mg (9.14%), Potassium: 297.16mg (8.49%), Vitamin B6: 0.16mg (7.83%), Vitamin B1: 0.12mg (7.8%), Manganese: 0.14mg (7.14%), Zinc: 0.95mg (6.35%), Vitamin B5: 0.63mg (6.29%), Magnesium: 24.52mg (6.13%), Copper: 0.11mg (5.73%), Fiber: 1.29g (5.15%), Iron: 0.79mg (4.41%), Vitamin B2: 0.07mg (3.92%), Calcium: 36.85mg (3.69%)