

Bacon-Wrapped BBQ Scallops

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Servings: 4

8 slices bacon

8 large (one pound) sea scallops

1/2 cup original barbecue sauce

1/4 teaspoon freshly ground black pepper

Preparation Time: 10 minutes

Heat the grill to medium-high heat.

Place the bacon on a paper towel-covered microwaveable plate. Microwave on HIGH for 2-1/2 minutes or just until the bacon starts to cook but is not crisp. Cool slightly.

Wrap one bacon slice around each scallop. Thread two scallops onto each of four skewers.

Grill for 7 to 8 minutes or until the scallops are done and the bacon is crisp, turning frequently and brushing with barbecue sauce.

Transfer the skewers to a platter. Sprinkle with pepper.

Start to Finish Time: 18 minutes

If using wooden skewers, soak them in water 30 min. before using to prevent them from burning on the grill.

Per Serving (excluding unknown items): 91 Calories; 6g Fat (64.7% calories from fat); 7g Protein; 1g Carbohydrate; trace Dietary Fiber; 17mg Cholesterol; 234mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Fat.

Appetizers, Grilled

Per Serving Nutritional Analysis

Calories (kcal):	91	Vitamin B6 (mg):	trace
% Calories from Fat:	64.7%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	2.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	32.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	6g	Folacin (mcg):	4mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	17mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	7g
Sodium (mg):	234mg
Potassium (mg):	128mg
Calcium (mg):	7mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	10IU
Vitamin A (r.e.):	3RE

Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 91	Calories from Fat: 59
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% Daily Values*

Total Fat 6g	10%
Saturated Fat 2g	11%
Cholesterol 17mg	6%
Sodium 234mg	10%
Total Carbohydrates 1g	0%
Dietary Fiber trace	0%
Protein 7g	
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Vitamin A	0%
Vitamin C	8%
Calcium	1%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.