

Scallops with Bacon

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 12 appetizers

6 slices bacon, cut in half crosswise
12 large frozen sea scallops
boiling water (to cover)

Bake: 10 minutes

Preheat the oven to 425 degrees.

In a frying pan on medium heat, cook the bacon until partially cooked. (Do not cook too much or the bacon will not be soft enough to roll when cooled.) Remove to paper towels to drain. Cool.

In a medium saucepan, cook the scallops in boiling water for about 5 minutes until opaque. Drain. Cool.

Roll one bacon slice around each scallop. Secure with wooden picks. Arrange in a single layer on an ungreased baking sheet.

Bake for about 10 minutes until the bacon is sizzling and the scallops are heated through.

Per Serving (excluding unknown items): 219 Calories; 19g Fat (78.2% calories from fat); 12g Protein; trace Carbohydrate; 0g Dietary Fiber; 32mg Cholesterol; 606mg Sodium. Exchanges: 1 1/2 Lean Meat; 2 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	219	Vitamin B6 (mg):	.1mg
% Calories from Fat:	78.2%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	0.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	21.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	19g	Folacin (mcg):	2mcg
Saturated Fat (g):	7g	Niacin (mg):	3mg

Monounsaturated Fat (g): 9g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 32mg
Carbohydrate (g): trace
Dietary Fiber (g): 0g
Protein (g): 12g
Sodium (mg): 606mg
Potassium (mg): 185mg
Calcium (mg): 5mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 219 **Calories from Fat:** 171

% Daily Values*

Total Fat 19g	29%
Saturated Fat 7g	33%
Cholesterol 32mg	11%
Sodium 606mg	25%
Total Carbohydrates trace	0%
Dietary Fiber 0g	0%
Protein 12g	
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Vitamin A	0%
Vitamin C	21%
Calcium	0%
Iron	3%

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