

BACON WRAPPED SCALLOPS

20/30 PER POUND

Description

Whole scallop wrapped in raw bacon

Benefits

Great as a meal or an appetizer, packaging allows you to portion servings to your needs, versatility in cooking method

Preparation & Cooking

Convection oven, preheat oven to 218C 425F, spread frozen bacon wrapped scallops on a sheet, cook for 10 to 12 min, regular oven, same except cook for 12 to 15 min, grill, spread frozen bacon wrapped scallops on the grill, cook 2 to 3 min on each side

Serving Suggestions

Serve as an appetizer, part of a main dish, great on pasta on a creamy white sauce

Packaging & Storage

Wrapped in plastic bag and placed in cardboard box

Ingredients

Scallop (shellfish), Bacon (pork, water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrate, smoke).

Kosher

NOT_KOSHER

Nutrition Facts	
Based on 108 (g) sample	
Amount Per Serving	
Calories	240
Total Fat	19g / 25%
Saturated Fat	6g / 31%
Trans-Fat	0.1g
Poly-Unsaturated Fats	--
Omega6 Fatty Acids	--
Omega3 Fatty Acids	--
Mono-Unsaturated Fats	--
Cholesterol	50mg
Sodium	330mg / 14%
Potassium	--
Carbohydrates	2g / 2%
Fiber	0
Sugars	0g
Protein	14g
Vitamin A	0%
Vitamin C	0%
Calcium	15%
Iron	8%