AMERICAN · SNACK

Broiled Bacon-Wrapped Scallops

25 min · Makes 6 × 4 pieces · 121 kcal a portion · Video 9:39 · America's Test Kitchen

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Sea scallops are very lean: four pieces give about 16 g of protein for roughly 120 kcal, with two-thirds of a day's vitamin B12. Scallops are naturally salty and the bacon adds more (about 690 mg sodium a serve), so keep it a party bite.

Diet notes: Carnivore if you leave out the fresh chives; Low carb (3.5 g net carbs) but not keto: 34% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 6 · MAKES 6 × 4 PIECES

- ☐ 24 large **sea scallops** (about 450 g)
- ☐ 6 slices **bacon**
- ☐ ¼ tsp **salt**
- ☐ ⅛ tsp **ground black pepper**
- ☐ a pinch of **cayenne pepper**
- ☐ 2 tbsp minced **fresh chives**, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Molluscs. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Set an oven rack 15 cm (6 in) below the grill (broiler) and heat it to high. Line a broiler pan, or a rimmed tray fitted with a wire rack, with foil. 4:27
2. Cut each bacon slice lengthwise into two thin strips, then cut each strip in half to give 24 short pieces. 1:15
3. Spread the bacon between layers of paper towel on a microwave-safe plate and microwave on high for 1–2 minutes, until some fat has rendered but the bacon is still pliable. 2:26
4. Pull the small tough side muscle off each scallop, then toss the scallops with the salt, pepper and cayenne. 3:32
5. Wrap a piece of bacon around the middle of each scallop, tuck the end underneath and stand them on the rack. 4:56
6. Grill for 3–4 minutes, turning the pan halfway, until the scallops are opaque and the bacon is browned at the edges. Spear each with a toothpick and scatter with the chives. 5:47

> **Tip** Makes 21–25 pieces; 6 serves of 4 is our estimate. Pre-cooking the bacon in the microwave lets it brown in the few minutes the scallops need. Leave out the chives for strict carnivore.

The method is a summary in our words — the video shows every step.

One portion (4 pieces) gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
121 kcal 510 kJ	16 g 33% of a day	3.5 g 3.5 g net · 0 g sugars 1% of a day	0 g 0% of a day	4.5 g 1.5 g saturated 6% of a day	690 mg 30% of a day

Energy from net carbs 12% · protein 54% · fat 34% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 68% · Selenium 38%

Source of (10–19%) Zinc 12%

Recipe and video: America's Test Kitchen (@AmericasTestKitchen) on YouTube — youtube.com/watch?v=FmA8tGTfUVo, published 2 February 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/broiled-bacon-wrapped-scallops