



Comeau's Sea Food Bacon Wrapped Scallops are a mouth-watering addition to our popular line of retail seafood products. Using our own MSC certified scallops harvested in the cold waters of the North Atlantic our bacon wrapped scallops are hand-wrapped with low sodium, centre cut bacon that has been precisely selected to ensure a superior product and is prepared with a toothpick to maintain presentation during the cooking process.



Bacon Wrapped Scallops



Nutrition Facts Valeur nutritive

Serving Size 4 pieces (108 g)
Portion 4 morceau (108 g)

Calories 240	% Daily Value*
Fat / Lipides 19 g	25 %
Saturated / saturés 6 g	31 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 2 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 50 mg	
Sodium 330 mg	14 %
Potassium 100 mg	2 %
Calcium 0 mg	0 %
Iron / Fer 0.5 mg	3 %

*5% or less is a little. 15% or more is a lot

*5% ou moins c'est peu. 15% ou plus c'est beaucoup

Preparation & Handling

- Conventional Oven: cook from frozen
Convection Oven: (cook 5 min less)
1. Preheat oven to 425 °F (220 °C)
 2. Remove all packaging & carefully separate scallops on a wire rack on pan.
 3. Bake on middle rack for 10 min. Remove from oven and turn over.
 3. Bake another 15-20 min, or until bacon is crisp and scallops are cooked.
 5. let stand 2 min before serving.

Barbeque: For best results, thaw package on the counter for 15-20 minutes before cooking. Once defrosted, cook & consume immediately or keep refrigerated & consume on same day. Do not refreeze thawed product.

1. Preheat barbecue to 425 °F (220 °C)
2. Fold a 51 centimeter piece of foil in half. Spray one side generously with cooking spray. Be cautious, grease can catch fire.
3. Remove all packaging. Carefully separate scallops on foil. Do not crowd.
4. Cook lid down for 15 minutes, turning frequently, or until bacon is crisp and scallops are cooked.
5. Let stand 2 min before serving.

Product Details

Product Code	CFD2024
Size	340g, 20-30 ct., 11-14 pieces
Case Size	12 x 340g
Purchasing Unit	4.1kg case
UPC	0-62763-02024-4
SCC	100-62763-02024-1

Ingredients

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

Keep Frozen prior to use.