






 **42%**
HEALTH SCORE

Bay Scallop and Grapefruit Ceviche with Avocado and Radish

 **Gluten Free**  **Dairy Free**

READY IN

140 min.

SERVINGS

6

CALORIES

338 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 3 medium avocado diced peeled
- 6 cups the salad
- 1 pound bay scallops fresh
- 1.5 tablespoons cilantro leaves chopped
- 3 grapefruit juiced
- 3 lemon zest juiced
- 0.8 cup olive oil extra virgin extra-virgin

- 3 tablespoons flat parsley italian chopped
- 1 tablespoon pepper black
- 2 radishes english sliced
- 0.5 cup bell pepper diced red
- 0.5 cup onion red minced
- 1 teaspoon salt
- 4 spring onion light white green sliced thin
- 1 serrano chiles thinly sliced
- 1 teaspoon thyme leaves chopped

Equipment

- bowl
- mixing bowl
- blender
- mandoline
- slotted spoon

Directions

- Special equipment: mandoline
- Combine all marinade ingredients except for olive oil in the blender. Blend until well combined and slowly drizzle in olive oil.
- Pour into a bowl and reserve.
- In a nonreactive mixing bowl combine the scallops, scallions, onion, peppers, cilantro, and parsley with the marinade. Dress the avocado lightly with some of the leftover marinade. Allow to marinate, covered in the refrigerator, for 2 hours.
- Place the greens on a large serving plate. Using a slotted spoon, remove the ceviche and place on top of the greens leaving some of the marinade behind.
- Place the avocado over the greens. Fold the sliced radishes into the ceviche.
- Drizzle a little of the marinade over the plate and serve.

Nutrition Facts

PROTEIN 14.72% FAT 52.06% CARBS 33.22%

Properties

Glycemic Index:54.83, Glycemic Load:4.37, Inflammation Score:-10, Nutrition Score:25.647825780122%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Pelargonidin: 0.84mg, Pelargonidin: 0.84mg, Pelargonidin: 0.84mg, Pelargonidin: 0.84mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 337.51kcal (16.88%), Fat: 20.89g (32.13%), Saturated Fat: 3.05g (19.06%), Carbohydrates: 29.99g (10%), Net Carbohydrates: 19.76g (7.19%), Sugar: 10.97g (12.19%), Cholesterol: 18.14mg (6.05%), Sodium: 705.98mg (30.69%), Alcohol: 0g (100%), Protein: 13.28g (26.57%), Vitamin C: 85.39mg (103.5%), Vitamin K: 76.46µg (72.82%), Vitamin A: 2751.69IU (55.03%), Fiber: 10.22g (40.89%), Phosphorus: 357.62mg (35.76%), Folate: 142.68µg (35.67%), Potassium: 989.76mg (28.28%), Vitamin B6: 0.49mg (24.38%), Vitamin E: 3.31mg (22.06%), Manganese: 0.43mg (21.36%), Vitamin B5: 2.04mg (20.41%), Vitamin B12: 1.07µg (17.77%), Magnesium: 70.2mg (17.55%), Copper: 0.31mg (15.33%), Selenium: 10.58µg (15.11%), Vitamin B3: 3.02mg (15.08%), Vitamin B2: 0.23mg (13.61%), Zinc: 1.64mg (10.96%), Vitamin B1: 0.16mg (10.83%), Iron: 1.75mg (9.7%), Calcium: 73.02mg (7.3%)