Ceviche

Gluten Free | Dairy Free | Popular

READY IN	SERVINGS	CALORIES
500 min.	6	110 kcal

ANTIPASTI | STARTER | SNACK | APPETIZER

Ingredients

- [ ] 1 pound bay scallops
- [ ] 6 servings pepper black freshly ground
- [ ] 2 stalks celery sliced
- [ ] 0.1 cup cilantro leaves fresh chopped
- [ ] 0.5 cup parsley fresh chopped
- [ ] 0.5 bell pepper green minced
- [ ] 5 green onions minced
- [ ] 8 juice of lime juiced

- [ ] 1.5 tablespoons olive oil
- [ ] 2 tomatoes diced

Equipment

- [ ] bowl

Directions

- [ ] Rinse scallops and place in a medium sized bowl.
- [ ] Pour lime juice over the scallops. The scallops should be completely immersed in the lime juice. Chill the lime juice and scallops all day or overnight until scallops are opaque (you cannot see through them).
- [ ] Empty 1/2 of the lime juice from the bowl.
- [ ] Add tomatoes, green onions, celery, green bell pepper, parsley, black pepper, olive oil, and cilantro to the scallop mixture. Stir gently.
- [ ] Serve this dish in fancy glasses with a slice of lime hanging over the rim for effect.

Nutrition Facts

PROTEIN **35.43%** FAT **32%** CARBS **32.57%**

Properties

Glycemic Index:34.67, Glycemic Load:0.72, Inflammation Score:-7, Nutrition Score:13.577391354934%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 11.16mg, Apigenin: 11.16mg, Apigenin: 11.16mg, Apigenin: 11.16mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 109.66kcal (5.48%), Fat: 4.08g (6.28%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 7.86g (2.86%), Sugar: 2.45g (2.72%), Cholesterol: 18.14mg (6.05%), Sodium: 314.8mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.34%), Vitamin K: 114.12µg (108.69%), Vitamin C:

34.62mg (41.97%), Phosphorus: 280.04mg (28%), Vitamin A: 1004.3IU (20.09%), Vitamin B12: 1.07µg (17.77%), Selenium: 9.84µg (14.06%), Potassium: 409.37mg (11.7%), Folate: 42.26µg (10.57%), Magnesium: 31.56mg (7.89%), Vitamin B6: 0.15mg (7.33%), Vitamin E: 0.99mg (6.59%), Manganese: 0.13mg (6.54%), Zinc: 0.92mg (6.1%), Fiber: 1.49g (5.97%), Iron: 0.99mg (5.49%), Vitamin B3: 1.04mg (5.22%), Copper: 0.08mg (4.07%), Calcium: 35.36mg (3.54%), Vitamin B1: 0.05mg (3.27%), Vitamin B5: 0.32mg (3.22%), Vitamin B2: 0.05mg (2.89%)