



WHATSheATE

RECIPES

in the

WORLD

MORE THAN 1,000 INTERNATIONAL DISHES TO COOK AT HOME

Ceviche Marinated Scallops



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

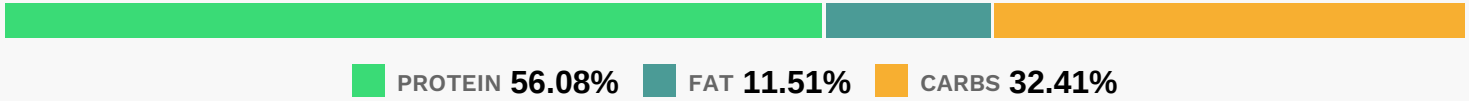
- ☐ 0.5 cup bell pepper minced
- ☐ 8 servings ground pepper to taste
- ☐ 1 pound scallops fresh cut into 1/4-inch dice
- ☐ 8 servings cilantro leaves fresh chopped for garnish
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon lime zest minced
- ☐ 8 servings salt to taste

Equipment

Directions

- ☐ Toss together all the ingredients except the cilantro and let sit at room temperature for 15 minutes.
- ☐ Taste, adjust the seasoning, and serve, garnished with the cilantro.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ and the classic bestseller How to Cook Everything, which has sold more than one million copies. He is also the coauthor, with Jean-Georges Vongerichten, of Simple to Spectacular and Jean-Georges: Cooking at Home with a Four-Star Chef. Mr. Bittman is a prolific writer, makes frequent appearances on radio and television, and is the host of The Best Recipes in the World, a 13-part series on public television. He lives in New York and Connecticut.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:5.903912961483%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 49.89kcal (2.49%), Fat: 0.66g (1.01%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 3.38g (1.23%), Sugar: 0.73g (0.81%), Cholesterol: 13.61mg (4.54%), Sodium: 417.23mg (18.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.41%), Vitamin A: 1136.13IU (22.72%), Phosphorus: 198.81mg (19.88%), Vitamin C: 15.82mg (19.17%), Vitamin B12: 0.8µg (13.32%), Selenium: 7.45µg (10.65%), Vitamin B6: 0.12mg (6.03%), Potassium: 185.83mg (5.31%), Vitamin E: 0.76mg (5.09%), Magnesium: 17.28mg (4.32%), Folate: 16.31µg (4.08%), Zinc: 0.6mg (3.97%), Vitamin B3: 0.68mg (3.38%), Manganese: 0.06mg (3.12%), Fiber: 0.78g (3.12%), Iron: 0.42mg (2.35%), Vitamin K: 2.42µg (2.3%), Vitamin B2: 0.04mg (2.13%), Vitamin B5: 0.16mg (1.62%), Copper: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.17%)