

Cook Everything

Cook the Book: Mock Ceviche



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup avocado diced
- ☐ 0.5 cup cilantro leaves fresh roughly chopped
- ☐ 1 small clove garlic minced
- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 2 tablespoons olive oil
- ☐ 1 small pepper red hot minced seeded to taste (or use pepper flakes or cayenne)
- ☐ 0.5 cup onion diced red
- ☐ 6 servings pepper black freshly ground

- ☐ 0.5 pound scallops
- ☐ 0.5 pound shrimp (any size)
- ☐ 0.5 pound squid rings whole cleaned cut into rings (tentacles left)
- ☐ 0.3 cup tomatoes diced
- ☐ 0.3 cup bell pepper diced red yellow

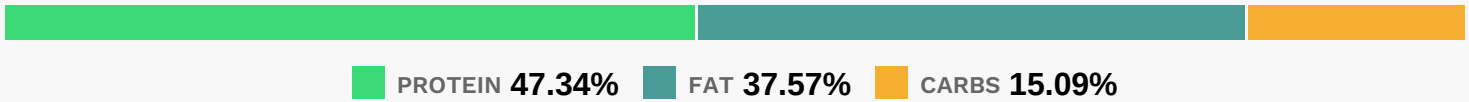
Equipment

- ☐ slotted spoon

Directions

- ☐ Bring about 2 quarts of water to a boil and salt it.
- ☐ Add the shrimp, reduce the heat to medium, and cook for about 4 minutes, or until they are pink and firm.
- ☐ Remove with a slotted spoon and run under cold water to chill. Peel and set aside.
- ☐ Cook the scallops and squid together in the same water until the scallops are firm and not quite cooked through and the squid is fairly tender, about 2 minutes.
- ☐ Remove with a slotted spoon (reserve the cooking water) and run under cold water to chill, then combine with the shrimp.
- ☐ Toss the seafood with the olive oil and, if you like, cover and refrigerate until ready to serve, for up to 24 hours. Toss with remaining ingredients except cilantro, then taste, and adjust seasoning. Stir in most of cilantro, garnish with remainder.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:10.92434764945%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.22mg, Eriodictyol:

0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 156.24kcal (7.81%), Fat: 6.55g (10.07%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 5.02g (1.83%), Sugar: 0.96g (1.07%), Cholesterol: 158mg (52.67%), Sodium: 212.48mg (9.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.11%), Copper: 0.91mg (45.35%), Selenium: 21.98µg (31.41%), Phosphorus: 303.8mg (30.38%), Vitamin C: 19.17mg (23.24%), Vitamin B12: 1.02µg (17.07%), Vitamin B2: 0.18mg (10.61%), Potassium: 370.37mg (10.58%), Zinc: 1.53mg (10.23%), Magnesium: 40.07mg (10.02%), Vitamin E: 1.35mg (9.03%), Vitamin K: 9.05µg (8.62%), Vitamin B3: 1.34mg (6.71%), Vitamin B6: 0.11mg (5.44%), Manganese: 0.1mg (5.07%), Folate: 19.95µg (4.99%), Calcium: 47.43mg (4.74%), Iron: 0.78mg (4.36%), Vitamin B5: 0.41mg (4.14%), Vitamin A: 187.68IU (3.75%), Fiber: 0.9g (3.58%), Vitamin B1: 0.03mg (1.94%)