



WHATSheATE

SUMMER SHACK COOKBOOK

THE COMPLETE GUIDE
TO SHORE FOOD

Cook the Book: Seafood Seviche with Citrus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

Ingredients



0.5 teaspoon boston lettuce leaves black freshly ground



0.3 cup cilantro leaves fresh coarsely chopped for garnish



1 medium grapefruit



2 juice of lime



4 lime wedges



2 medium navel oranges



4 ounces onion red halved lengthwise very thinly sliced



1 teaspoon sea salt

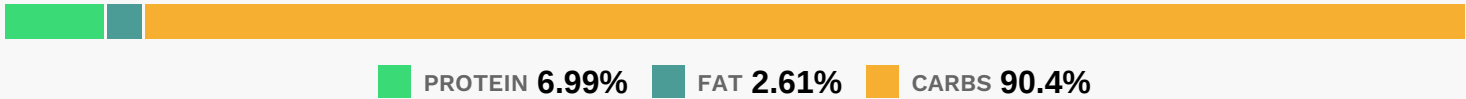
Equipment

- ☐ bowl
- ☐ knife
- ☐ plastic wrap
- ☐ cutting board

Directions

- ☐ If using fish, slice the fillets crosswise into rectangles 1 inch wide and 1/3 inch thick; place in a large glass bowl. (Or place the sliced scallops in the bowl.)
- ☐ Slice 1/2 inch from the top and bottom of each orange. One at a time, stand each orange on a cutting board, slice the skin and white pith from the orange; discard. Use a sharp thin knife to release the segments from the membranes of the fruit; toss segments into bowl with fish. Squeeze juice from membranes into bowl; discard membranes. Slice off top and bottom of the grapefruit; remove segments in the same way, adding to bowl with fish. Squeeze juice from membranes into bowl; discard membranes.
- ☐ Add the lime juice, onion, chile, and chopped cilantro; toss gently to combine. Season with the salt and pepper. Cover with plastic wrap placed flush against the surface, making sure fish is submerged in citrus juice. Refrigerate for 3 hours, tossing fish three times.
- ☐ Line four small glass bowls or plates with the lettuce leaves; spoon in the sevice with the juices.
- ☐ Garnish with the lime wedges and cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:2.49, Inflammation Score:-8, Nutrition Score:8.6804348981899%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 24.62mg, Hesperetin: 24.62mg, Hesperetin: 24.62mg, Hesperetin: 24.62mg Naringenin: 26.53mg, Naringenin: 26.53mg, Naringenin: 26.53mg, Naringenin: 26.53mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg

Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 81.98kcal (4.1%), Fat: 0.28g (0.42%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 21.48g (7.16%), Net Carbohydrates: 17.83g (6.48%), Sugar: 12.13g (13.48%), Cholesterol: 0mg (0%), Sodium: 584.35mg (25.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin C: 73.47mg (89.05%), Vitamin A: 1013.85IU (20.28%), Fiber: 3.64g (14.58%), Folate: 41.52µg (10.38%), Potassium: 286.7mg (8.19%), Vitamin B6: 0.14mg (6.93%), Vitamin B1: 0.1mg (6.56%), Calcium: 59.99mg (6%), Magnesium: 18.93mg (4.73%), Vitamin B5: 0.45mg (4.49%), Phosphorus: 41.86mg (4.19%), Vitamin B2: 0.07mg (4.18%), Manganese: 0.08mg (4.1%), Copper: 0.08mg (3.87%), Vitamin K: 4.04µg (3.85%), Vitamin B3: 0.53mg (2.66%), Iron: 0.35mg (1.96%), Vitamin E: 0.29mg (1.95%), Zinc: 0.19mg (1.26%)