



Grilled Scallop "Ceviche"



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoons jalapeno fresh finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 navel oranges
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 teaspoon salt
- ☐ 1.5 pounds scallops (20)

☐ 2 tablespoons shallots thinly sliced

Equipment

☐ bowl

☐ knife

☐ grill

☐ skewers

☐ grill pan

Directions

- ☐ Toss scallops with 1 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a bowl, then thread 4 scallops onto each skewer.
- ☐ Prepare grill for direct-heat cooking over high heat.
- ☐ Oil grill rack, then grill scallops, covered only if using a gas grill, turning over once, until just cooked through, about 5 minutes.
- ☐ Transfer to a plate and cool slightly.
- ☐ While scallops cool, cut peel, including white pith, from orange with a sharp paring knife, then cut segments free from membranes. Coarsely chop enough segments to measure 1/4 cup and transfer to a large bowl (reserve remaining orange for another use). Stir in lime juice, cucumber, shallot, jalapeño (to taste), and remaining 2 tablespoons oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ When scallops are cool enough to handle, halve each crosswise (quarter if large), then add to cucumber mixture, tossing to combine. Marinate, covered and chilled, until cold, at least 1 hour. Just before serving, stir in cilantro.
- ☐ If you're making the entire menu and using a charcoal grill, the coals will need to be replenished before you grill the steaks and peppers. Instead of grilling the scallops, you can cook them in a hot lightly oiled well-seasoned ridged grill pan, uncovered. Cooked scallops can be marinated up to 3 hours.

Nutrition Facts



PROTEIN 36.12% **FAT 44.07%** **CARBS 19.81%**

Properties

Glycemic Index:21, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:7.9939130078191%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 5.55mg, Hesperetin: 5.55mg, Hesperetin: 5.55mg, Hesperetin: 5.55mg Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 156.02kcal (7.8%), Fat: 7.61g (11.71%), Saturated Fat: 1.12g (7%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 6.97g (2.54%), Sugar: 2.37g (2.63%), Cholesterol: 27.22mg (9.07%), Sodium: 833.34mg (36.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.03g (28.06%), Phosphorus: 387.62mg (38.76%), Vitamin B12: 1.6µg (26.65%), Selenium: 14.58µg (20.83%), Vitamin C: 16.73mg (20.27%), Potassium: 296.09mg (8.46%), Vitamin E: 1.1mg (7.36%), Magnesium: 29.21mg (7.3%), Zinc: 1.08mg (7.17%), Folate: 28.38µg (7.09%), Vitamin K: 6.76µg (6.44%), Vitamin B6: 0.12mg (5.98%), Vitamin B3: 0.93mg (4.65%), Vitamin B5: 0.33mg (3.29%), Iron: 0.58mg (3.21%), Manganese: 0.06mg (3.13%), Fiber: 0.72g (2.9%), Vitamin A: 118.55IU (2.37%), Copper: 0.04mg (2.19%), Calcium: 20.37mg (2.04%), Vitamin B2: 0.03mg (1.9%), Vitamin B1: 0.03mg (1.87%)