



Jungle Jeff's Scallop Seviche



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch ground cardamom
- ☐ 0.5 teaspoon curry powder
- ☐ 0.5 cup cilantro leaves fresh packed finely chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 1 bell pepper green finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 habanero chile very finely chopped
- ☐ 1.5 teaspoons kosher salt

- ☐ 0.5 cup juice of lime fresh
- ☐ 0.3 cup orange juice fresh
- ☐ 1 bell pepper red finely chopped
- ☐ 1 small onion red finely chopped
- ☐ 2 pounds scallops sliced to create 2 to 3 medallions
- ☐ 3 tablespoons thai chili sauce sweet

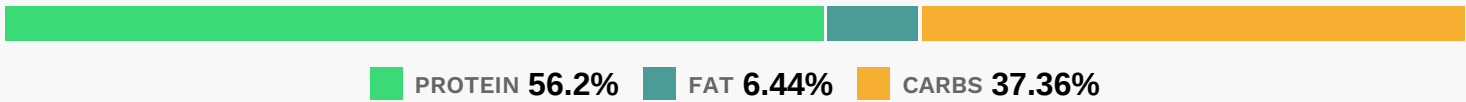
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a large bowl. Make sure scallops are completely covered by marinade. Cover and chill at least 3 hours before serving (but no more than 10 hours).
- ☐ Serve with sliced avocado and toasted bread or crackers.
- ☐ *Sweet Thai (or Asian) chili sauce is available in Asian markets or the international section of the grocery store.
- ☐ **If substituting regular salt for kosher salt, use 3/4 teaspoon.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:1.39, Inflammation Score:-8, Nutrition Score:15.201739207558%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 137.11kcal (6.86%), Fat: 0.98g (1.51%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 11.38g (4.14%), Sugar: 3.79g (4.21%), Cholesterol: 36.29mg (12.1%), Sodium: 1178.51mg (51.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.28g (38.57%), Vitamin C: 74.94mg (90.83%), Phosphorus: 531.75mg (53.18%), Vitamin B12: 2.13µg (35.53%), Selenium: 19.73µg (28.19%), Vitamin A: 926.88IU (18.54%), Vitamin B6: 0.29mg (14.62%), Potassium: 504.86mg (14.42%), Folate: 47.11µg (11.78%), Magnesium: 46.13mg (11.53%), Zinc: 1.57mg (10.44%), Manganese: 0.16mg (8.14%), Vitamin K: 8.26µg (7.87%), Vitamin B3: 1.57mg (7.85%), Iron: 1.12mg (6.21%), Fiber: 1.44g (5.75%), Vitamin B5: 0.5mg (4.96%), Copper: 0.09mg (4.64%), Vitamin B1: 0.07mg (4.51%), Vitamin B2: 0.07mg (4.03%), Vitamin E: 0.58mg (3.85%), Calcium: 27.66mg (2.77%)