



## Savory Tomato Shabu Shabu with Seafood Dippers



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



8

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoon cilantro leaves roughly chopped
- ☐ 1 inch ginger fresh sliced
- ☐ 2 hands ginger fresh chopped
- ☐ 1 large lemon zest juiced
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 pound salmon tail sliced
- ☐ 0.5 pound scallops sliced in 1/2

- ☐ 0.5 pound shrimp deveined peeled
- ☐ 4 large tomatoes seeds removed
- ☐ 4 cups vegetable stock

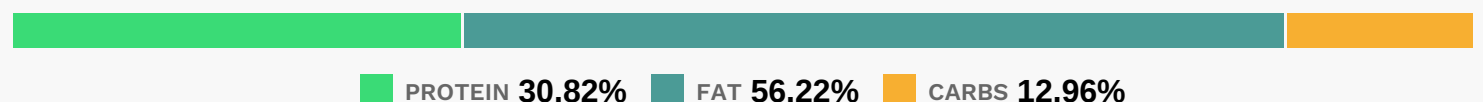
## Equipment

- ☐ sauce pan
- ☐ mixing bowl
- ☐ pot
- ☐ blender
- ☐ stove
- ☐ skewers

## Directions

- ☐ Place a blender onto the counter and add all 4 of the tomatoes and 1/2 cup of the vegetable stock. Cover and blend altogether until the tomatoes are completely pureed.
- ☐ Add the remaining vegetable stock and pulse for a few more seconds to combine.
- ☐ Place mixture into a saucepan or stove-top safe fondue pot, add the sliced ginger and roughly chopped cilantro, cover and place on medium heat until the mixture comes to a boil.
- ☐ While the sauce is heating, take the seafood out of the refrigerator and begin to arrange the fish on a plate.
- ☐ As soon as the sauce has come to the boil, transfer the pot onto the heat station on the table, and continue to keep the mixture at boiling point. If the liquid seems to have reduced just add more vegetable stock.
- ☐ Take a skewer and a piece of fish, skewer the fish and dip it into the sauce. Wait just a few seconds and taste with dipping sauces.
- ☐ Serve the seafood dippers with Lemon Mayonnaise and Ginger Cream
- ☐ In a mixing bowl combine the mayonnaise, lemon zest and juice.

## Nutrition Facts



## Properties

Glycemic Index:24.38, Glycemic Load:1.71, Inflammation Score:-7, Nutrition Score:11.30739120556%

## Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 203.85kcal (10.19%), Fat: 12.76g (19.63%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 5.39g (1.96%), Sugar: 3.55g (3.94%), Cholesterol: 73.92mg (24.64%), Sodium: 721.22mg (31.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.74g (31.48%), Vitamin K: 30.32µg (28.88%), Phosphorus: 237.86mg (23.79%), Vitamin B12: 1.32µg (21.97%), Vitamin A: 1036.72IU (20.73%), Selenium: 14.32µg (20.46%), Vitamin B6: 0.33mg (16.61%), Vitamin C: 13.59mg (16.48%), Vitamin B3: 2.99mg (14.96%), Potassium: 502.96mg (14.37%), Copper: 0.25mg (12.57%), Magnesium: 35.8mg (8.95%), Vitamin B2: 0.13mg (7.86%), Vitamin B1: 0.1mg (6.82%), Zinc: 1.01mg (6.71%), Folate: 26.42µg (6.61%), Manganese: 0.13mg (6.49%), Vitamin B5: 0.65mg (6.46%), Vitamin E: 0.96mg (6.41%), Fiber: 1.23g (4.91%), Iron: 0.78mg (4.34%), Calcium: 34.96mg (3.5%)