



Scallop-Avocado Appetizer

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado cubed
- 1 cup cilantro leaves chopped
- 1 cup spring onion sliced
- 6 tablespoons juice of lime fresh
- 1 tablespoon olive oil
- 0.5 teaspoon pepper flakes hot to taste
- 0.3 teaspoon salt to taste
- 1 cup tomatoes chopped

1 pound frangelico (16-20 count)

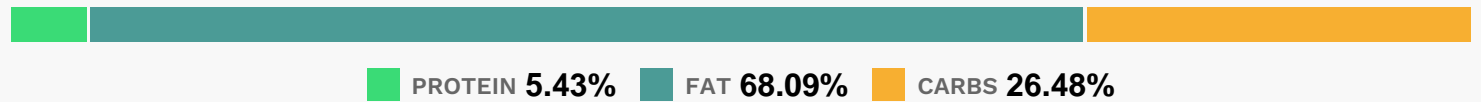
Equipment

frying pan

Directions

- In a small pan, bring 4 cups of water to a boil.
- Add scallops, reduce heat and simmer 1 1/2 minutes -- do not overcook.
- Drain and refrigerate for 2 hours.
- Cut into small (1-inch) pieces.
- Combine all ingredients.
- Serve in cocktail glasses.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:7.5460869695829%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 88.56kcal (4.43%), Fat: 7.37g (11.33%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 3.33g (1.21%), Sugar: 1.56g (1.73%), Cholesterol: 0mg (0%), Sodium: 104.76mg (4.55%), Alcohol: 0g (100%), Protein: 1.32g (2.64%), Vitamin K: 53.32µg (50.78%), Vitamin C: 15.7mg (19.04%), Fiber: 3.12g (12.47%), Vitamin A: 613.35IU (12.27%), Folate: 44.78µg (11.19%), Vitamin E: 1.36mg (9.05%), Potassium: 300.16mg (8.58%), Vitamin B6: 0.13mg (6.4%), Manganese: 0.12mg (5.88%), Vitamin B5: 0.53mg (5.34%), Copper: 0.1mg (5.14%), Magnesium: 17.77mg (4.44%), Vitamin B3: 0.87mg (4.37%), Vitamin B2: 0.07mg (4.03%), Phosphorus: 33.11mg

(3.31%), Iron: 0.58mg (3.2%), Vitamin B1: 0.05mg (3.1%), Zinc: 0.35mg (2.32%), Calcium: 22.53mg (2.25%)