

Scallop Ceviche



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bay scallops quartered
- ☐ 12 cherry tomatoes whole roughly chopped
- ☐ 0.8 cup cilantro leaves fresh chopped for garnish
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup orange juice fresh
- ☐ 1 cup onion diced red finely ()
- ☐ 8 servings salt to taste

- ☐ 0.5 teaspoon serrano chiles green red minced seeded
- ☐ 3 tablespoons coconut shredded unsweetened finely

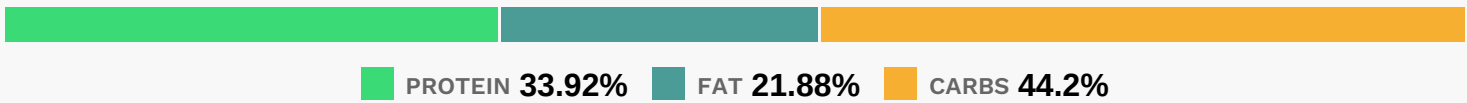
Equipment

- ☐ bowl
- ☐ aluminum foil

Directions

- ☐ Combine all the ingredients in a nonreactive bowl and stir to mix well. Cover and refrigerate for at least 2 hours, and up to 1
- ☐ Spoon the ceviche into small (4-ounce) glasses and garnish with cilantro.
- ☐ Just what is a nonreactive bowl anyway? A nonreactive bowl is made from a nonreactive material, such as glaze-free ceramics, glass, stainless steel, or plastic (but we are trying to retire our plastics, right, unless made from recycled plastic). Reactive materials are aluminum and unlined copper, which react to foods with high acid content, like tomatoes. Have you ever wrapped a tomato in aluminum foil and looked it at the next day? The acid burns right through the aluminum, which gives the tomato a metallic taste. (It's best not to try leaving tomatoes in one of your good copper bowls.)
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Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:2.06, Inflammation Score:-5, Nutrition Score:7.1052172339481%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 6.08mg, Hesperetin: 6.08mg, Hesperetin: 6.08mg, Hesperetin: 6.08mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 89.37kcal (4.47%), Fat: 2.24g (3.45%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 9.04g (3.29%), Sugar: 4.74g (5.26%), Cholesterol: 13.61mg (4.54%), Sodium: 422.01mg (18.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.65%), Vitamin C: 30.26mg (36.67%), Phosphorus: 216.37mg (21.64%), Vitamin B12: 0.8µg (13.32%), Selenium: 8.07µg (11.53%), Potassium: 308.8mg (8.82%), Manganese: 0.15mg (7.7%), Folate: 29.74µg (7.44%), Magnesium: 24.55mg (6.14%), Vitamin A: 296.84IU (5.94%), Vitamin B6: 0.12mg (5.89%), Vitamin K: 5.56µg (5.29%), Fiber: 1.16g (4.63%), Zinc: 0.68mg (4.53%), Copper: 0.08mg (4.2%), Vitamin B1: 0.06mg (3.86%), Vitamin B3: 0.74mg (3.7%), Iron: 0.63mg (3.52%), Vitamin B5: 0.3mg (2.95%), Vitamin B2: 0.04mg (2.19%), Calcium: 18.11mg (1.81%), Vitamin E: 0.25mg (1.65%)