

Scallop Ceviche



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeno minced seeded
- ☐ 0.5 cup juice of lime fresh
- ☐ 2 plum tomatoes finely chopped
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.5 teaspoon salt

- ☐ 1 pound sea scallops
- ☐ 0.5 cup bell pepper yellow finely chopped

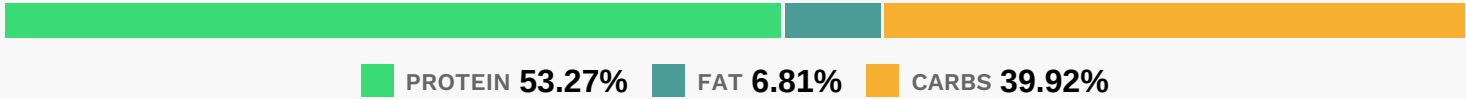
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Pat scallops dry; sprinkle with cumin and salt.
- ☐ Heat a large skillet over high heat.
- ☐ Add scallops, and cook, in 2 batches, 1 minute on each side or until browned.
- ☐ Remove from heat, and let cool 15 minutes. Finely chop scallops, and place in a bowl. Stir in tomato and next 6 ingredients. Cover and chill at least 4 hours or up to 24 hours.
- ☐ Serve with taro chips.

Nutrition Facts



Properties

Glycemic Index:8.3, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:2.2647825997809%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 21.57kcal (1.08%), Fat: 0.17g (0.26%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.95g (0.71%), Sugar: 0.47g (0.52%), Cholesterol: 5.44mg (1.81%), Sodium: 147.99mg (6.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.85%), Vitamin C: 10.69mg (12.95%), Phosphorus: 80.96mg (8.1%), Vitamin B12: 0.32µg (5.33%), Selenium: 2.95µg (4.22%), Potassium: 86.91mg (2.48%), Vitamin B6:

0.04mg (1.93%), Magnesium: 7.57mg (1.89%), Folate: 7.22µg (1.8%), Vitamin A: 85.33IU (1.71%), Zinc: 0.24mg (1.61%),
Manganese: 0.03mg (1.49%), Vitamin B3: 0.26mg (1.29%), Vitamin K: 1.34µg (1.27%), Iron: 0.21mg (1.16%)