



## Scallop Ceviche



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 avocado cubed
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 1 tablespoon jalapeño chile chopped
- ☐ 1 juice of lemon
- ☐ 0.3 cup juice of lime
- ☐ 0.3 cup slivered onion red
- ☐ 2 large oranges
- ☐ 0.5 teaspoon salt

☐ 1 pound sea scallops   chopped

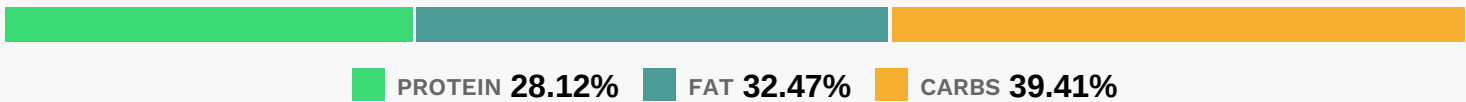
Equipment

☐ bowl

Directions

- ☐ Mix together scallops, lime juice, and lemon zest and juice in a bowl. Chill, stirring often, until scallops turn opaque, about 20 minutes.
- ☐ Segment and chop 1 orange and juice the other.
- ☐ Add segments, juice, and remaining ingredients to scallops and stir gently to combine.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:28.92, Glycemic Load:2.86, Inflammation Score:-6, Nutrition Score:10.770434908245%

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: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 18.64mg, Hesperetin: 18.64mg, Hesperetin: 18.64mg, Hesperetin: 18.64mg Naringenin: 9.52mg, Naringenin: 9.52mg, Naringenin: 9.52mg, Naringenin: 9.52mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 142.47kcal (7.12%), Fat: 5.41g (8.32%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 10.79g (3.92%), Sugar: 6.7g (7.44%), Cholesterol: 18.14mg (6.05%), Sodium: 493.2mg (21.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.54g (21.07%), Vitamin C: 45.44mg (55.08%), Phosphorus: 283.44mg (28.34%), Vitamin B12: 1.07µg (17.77%), Fiber: 3.97g (15.89%), Folate: 62µg (15.5%), Selenium: 10.18µg (14.54%), Potassium: 466.01mg (13.31%), Vitamin B6: 0.2mg (10.21%), Magnesium: 34.94mg (8.73%), Vitamin B5: 0.82mg (8.21%), Vitamin K: 8.02µg (7.64%), Vitamin B3: 1.35mg (6.76%), Zinc: 0.97mg (6.5%), Vitamin E: 0.94mg

(6.23%), Vitamin B1: 0.09mg (5.99%), Copper: 0.12mg (5.86%), Vitamin B2: 0.09mg (5.06%), Vitamin A: 232.28IU (4.65%), Manganese: 0.09mg (4.54%), Calcium: 37.31mg (3.73%), Iron: 0.57mg (3.18%)