



Scallop Ceviche with Candied Citrus

 **Gluten Free**  **Dairy Free**

READY IN



255 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bay scallops sliced into 1/4-inch-thick rounds, or sea scallops, quartered and thinly sliced
- 2 ribs celery diced peeled
- 0.3 cup cilantro leaves fresh chopped
- 8 limes
- 2 tablespoons olive oil extra-virgin
- 3 medium oranges
- 4 servings pepper freshly ground
- 0.5 cup onion diced red

- 2 roma tomatoes diced seeded
- 0.5 cup scallions chopped
- 4 servings sea salt
- 1 cup sugar
- 1 tomatoes diced yellow seeded

Equipment

- bowl
- frying pan
- sauce pan
- knife
- slotted spoon
- glass baking pan

Directions

- Spread the scallops in a single layer in a glass baking dish.
- Remove long strips of peel from 1 orange and 3 limes with a paring knife, being careful not to remove the white pith; set the peels aside. Juice the peeled fruit and the remaining oranges and limes to make 1 cup of each juice; pour into a bowl.
- Add the celery, onion, tomatoes, scallions, olive oil, 1/2 cup ice water, and pepper to taste; pour over the scallops. Cover and refrigerate until the scallops are opaque, 1 to 4 hours.
- Place the orange and lime peels in a saucepan of water; bring to a boil and cook for 1 minute, then drain. Boil in fresh water 2 more times; drain and set aside.
- Combine the sugar and 1 cup water in the saucepan; bring to a boil, stirring to dissolve the sugar. Reduce the heat and return the citrus peels to the pan; simmer for 45 minutes.
- Transfer the peels with a slotted spoon to a rack, reserving the syrup; let the peels cool, then slice into 1/4-inch pieces.
- Drain the excess marinade from the ceviche.
- Add the cilantro and candied citrus peels, season with salt and toss.
- Transfer to a serving bowl and lightly drizzle with some of the reserved orange-lime syrup.

- Serve on endive leaves or with toasted bread, if desired.
- Winning Recipe: Read about the Chairman's Citrus Challenge
- Photograph by Kate Sears

Nutrition Facts



Properties

Glycemic Index:84.4, Glycemic Load:43.15, Inflammation Score:-8, Nutrition Score:19.484347861746%

Flavonoids

Hesperetin: 84.39mg, Hesperetin: 84.39mg, Hesperetin: 84.39mg, Hesperetin: 84.39mg Naringenin: 19.82mg, Naringenin: 19.82mg, Naringenin: 19.82mg, Naringenin: 19.82mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 439.9kcal (22%), Fat: 8.25g (12.69%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 83.76g (27.92%), Net Carbohydrates: 76.24g (27.72%), Sugar: 63.58g (70.65%), Cholesterol: 27.22mg (9.07%), Sodium: 662.52mg (28.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.86%), Vitamin C: 100.25mg (121.52%), Phosphorus: 440.02mg (44%), Vitamin K: 42.55µg (40.52%), Fiber: 7.52g (30.09%), Vitamin B12: 1.6µg (26.65%), Selenium: 16.11µg (23.02%), Potassium: 744.44mg (21.27%), Folate: 82.7µg (20.68%), Vitamin A: 832.55IU (16.65%), Vitamin B6: 0.27mg (13.62%), Magnesium: 53.39mg (13.35%), Vitamin E: 1.8mg (12%), Calcium: 116.85mg (11.69%), Vitamin B1: 0.17mg (11.08%), Copper: 0.21mg (10.42%), Iron: 1.78mg (9.88%), Zinc: 1.42mg (9.48%), Vitamin B5: 0.9mg (8.98%), Manganese: 0.18mg (8.81%), Vitamin B3: 1.69mg (8.47%), Vitamin B2: 0.13mg (7.48%)