



WHATSheATE



Scallop Ceviche with "Tiger's Milk"



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons ají mirasol paste (sometimes labeled "crema")
- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 1 cup corn kernels frozen
- ☐ 0.5 cup juice of lime fresh (preferably Key lime)
- ☐ 3 tablespoons bell pepper red finely chopped
- ☐ 1 small onion red
- ☐ 1 pound scallops halved
- ☐ 1 cup sweet potatoes and into diced peeled ()

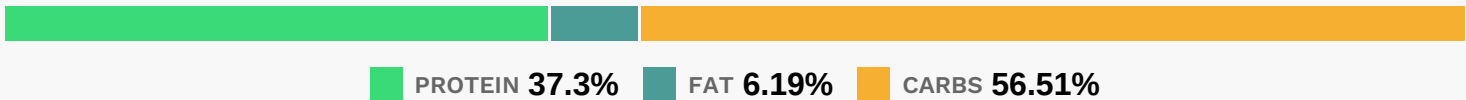
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Steam sweet potato in a steamer rack, covered, over simmering water until just tender, 7 to 10 minutes. Cool to room temperature.
- ☐ Meanwhile, cook choclo (if using) in a medium pot of well-salted boiling water, stirring occasionally, until heated through, about 3 minutes.
- ☐ Transfer with a slotted spoon to a bowl, reserving liquid in pot, and cool to room temperature.
- ☐ Return choclo-cooking water to a boil (or use 4 cups fresh water if not using choclo).
- ☐ Add scallops and poach at a bare simmer, stirring occasionally, until barely cooked through, about 1 minute.
- ☐ Drain well and cool to room temperature.
- ☐ Halve onion lengthwise, then very thinly slice using slicer. Soak in a bowl of cold water 5 minutes, then drain well and pat dry.
- ☐ Stir together lime juice, pisco, chile paste, and 1/4 teaspoon salt in a large bowl, then gently stir in sweet potato, choclo, scallops, onion, bell pepper, cilantro, and salt to taste.
- ☐ Serve ceviche on small plates, drizzled with any remaining lime juice mixture from bowl.
- ☐ Concha y Toro Terrunyo
- ☐ Casablanca Valley Sauvignon Blanc '07
- ☐ Sweet potato can be steamed 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:1.98, Inflammation Score:-9, Nutrition Score:7.5121739117996%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 81.54kcal (4.08%), Fat: 0.58g (0.9%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 12g (4%), Net Carbohydrates: 10.7g (3.89%), Sugar: 2.95g (3.28%), Cholesterol: 13.61mg (4.54%), Sodium: 275.29mg (11.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.84%), Vitamin A: 2504.63IU (50.09%), Phosphorus: 215.78mg (21.58%), Vitamin C: 11.43mg (13.85%), Vitamin B12: 0.8µg (13.32%), Selenium: 7.61µg (10.88%), Potassium: 260.03mg (7.43%), Folate: 24.71µg (6.18%), Vitamin B6: 0.12mg (6.14%), Magnesium: 22.82mg (5.7%), Fiber: 1.3g (5.2%), Manganese: 0.1mg (5.05%), Zinc: 0.68mg (4.55%), Vitamin B3: 0.83mg (4.17%), Vitamin B5: 0.38mg (3.75%), Copper: 0.06mg (3.02%), Vitamin B2: 0.05mg (2.88%), Vitamin B1: 0.04mg (2.68%), Iron: 0.46mg (2.58%), Calcium: 15.43mg (1.54%), Vitamin E: 0.17mg (1.11%), Vitamin K: 1.13µg (1.08%)