



Scallop Crudo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons chives thinly sliced
- ☐ 1 tablespoon ginger fresh finely grated peeled
- ☐ 0.3 cup mint leaves fresh
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup orange juice fresh
- ☐ 4 servings sea salt
- ☐ 0.5 pound scallops thinly sliced
- ☐ 0.8 teaspoon sherry vinegar

- ☐ 2 tablespoons soya sauce organic
- ☐ 1 tablespoon unrefined sunflower oil
- ☐ 1 thai chile red thinly sliced

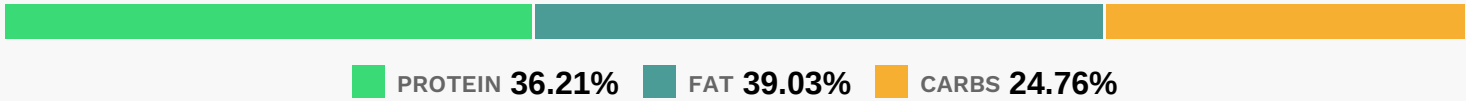
Equipment

- ☐ whisk

Directions

- ☐ Whisk orange juice, lemon juice, soy sauce,oil, ginger, chile, and vinegar in a smallbowl.
- ☐ Pour dressing onto 4 large rimmedplates. Arrange scallops over.
- ☐ Garnish withmint and chives. Season lightly with salt.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.94, Inflammation Score:-4, Nutrition Score:5.7734782229299%

Flavonoids

Eriodictyol: 1.45mg, Eriodictyol: 1.45mg, Eriodictyol: 1.45mg, Eriodictyol: 1.45mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 89.21kcal (4.46%), Fat: 3.9g (6%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 5.12g (1.86%), Sugar: 1.83g (2.04%), Cholesterol: 13.61mg (4.54%), Sodium: 920.33mg (40.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.27%), Phosphorus: 208.55mg (20.85%), Vitamin C: 15.78mg (19.13%), Vitamin B12: 0.8µg (13.32%), Selenium: 7.39µg (10.55%), Vitamin E: 1.47mg (9.82%), Potassium: 208.56mg (5.96%), Folate: 22.74µg (5.68%), Magnesium: 22.32mg (5.58%), Manganese: 0.1mg (5.17%), Vitamin A: 226.99IU (4.54%), Vitamin B3: 0.9mg (4.52%), Zinc: 0.62mg (4.11%), Vitamin B6: 0.08mg (4.07%), Iron: 0.66mg (3.68%), Vitamin K: 3.51µg (3.34%), Copper: 0.05mg (2.55%), Vitamin B2: 0.04mg (2.29%), Vitamin B5: 0.22mg

(2.18%), Vitamin B1: 0.03mg (2.03%), Fiber: 0.45g (1.78%), Calcium: 16.39mg (1.64%)