



Scallop-Papaya Seviche

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh chopped
- 3 tablespoons mint leaves fresh chopped
- 0.5 cup guava blend juice
- 1 jalapeño diced seeded finely
- 0.5 cup papaya juice
- 1 teaspoon kosher salt
- 2 tablespoons juice of lime fresh

- 4 servings garnish: mint fresh
- 0.3 cup olive oil extra-virgin
- 2 small papayas
- 1 teaspoon pepper freshly ground
- 0.5 cup onion diced red finely
- 1 pound sea scallops
- 1 tablespoon truffle oil white
- 1 vanilla pod split

Equipment

- bowl
- blender

Directions

- Halve papaya; scoop out seeds, reserving 2 tablespoons. Peel and dice papaya; set aside.
- Place reserved papaya seeds, papaya juice, and next 7 ingredients in a blender. Blend for 1 minute. With blender running, slowly add olive oil; blend for 30 seconds. Scoop out vanilla bean seeds, and add to mixture; stir.
- Add vanilla bean.
- Place scallops in a large stainless steel or glass bowl; stir in reserved papaya, jalapeo, onion, and, if desired, truffle oil.
- Add blended mixture, stirring well.
- Cover and refrigerate at least 2 hours.
- Remove vanilla bean before serving. Spoon into individual glasses; garnish, if desired.
- Note: If using large sea scallops, cut in half. Papaya and guava juices are available in ethnic markets or on the international aisle at many grocery stores.

Nutrition Facts

 **PROTEIN 18.57%**  **FAT 51.7%**  **CARBS 29.73%**

Properties

Glycemic Index:59.38, Glycemic Load:6.03, Inflammation Score:-8, Nutrition Score:14.669999920804%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 310.25kcal (15.51%), Fat: 18.1g (27.84%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 23.42g (7.81%), Net Carbohydrates: 20.78g (7.56%), Sugar: 13.4g (14.89%), Cholesterol: 27.22mg (9.07%), Sodium: 1038.1mg (45.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.26%), Vitamin C: 63.69mg (77.2%), Phosphorus: 401.61mg (40.16%), Vitamin B12: 1.6µg (26.65%), Selenium: 15.17µg (21.67%), Vitamin A: 1039.59IU (20.79%), Vitamin E: 2.86mg (19.06%), Vitamin K: 16.9µg (16.1%), Potassium: 525.87mg (15.02%), Folate: 58.07µg (14.52%), Magnesium: 51.27mg (12.82%), Manganese: 0.23mg (11.63%), Fiber: 2.64g (10.55%), Vitamin B6: 0.17mg (8.53%), Zinc: 1.21mg (8.1%), Vitamin B3: 1.28mg (6.4%), Iron: 1.13mg (6.3%), Copper: 0.1mg (5.22%), Vitamin B5: 0.48mg (4.81%), Calcium: 45.79mg (4.58%), Vitamin B2: 0.07mg (3.97%), Vitamin B1: 0.05mg (3.33%)