

Scallop Seviche



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 cup juice of lime fresh (4 limes)
- ☐ 0.8 cup onion chopped
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon salt
- ☐ 1 pound sea scallops
- ☐ 1 serrano chiles thinly sliced

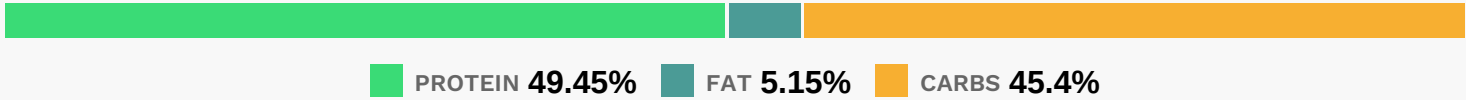
Equipment

☐ slotted spoon

Directions

- ☐ Cut each scallop horizontally into 3 even slices.
- ☐ Place scallops in a nonaluminum dish.
- ☐ Add lime juice and the remaining ingredients; toss to coat (juice mixture should cover scallops). Cover and refrigerate for at least 6 hours or overnight, stirring mixture occasionally.
- ☐ Serve the scallops cold using a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:0.72, Inflammation Score:-2, Nutrition Score:4.3652172904948%

Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 3.64mg, Hesperetin: 3.64mg, Hesperetin: 3.64mg, Hesperetin: 3.64mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 56.42kcal (2.82%), Fat: 0.33g (0.51%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 6.19g (2.25%), Sugar: 1.83g (2.03%), Cholesterol: 13.61mg (4.54%), Sodium: 368.98mg (16.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Phosphorus: 199.6mg (19.96%), Vitamin C: 14.41mg (17.47%), Vitamin B12: 0.8µg (13.32%), Selenium: 7.37µg (10.53%), Potassium: 191.6mg (5.47%), Folate: 17.48µg (4.37%), Magnesium: 17.43mg (4.36%), Vitamin B6: 0.08mg (3.89%), Zinc: 0.57mg (3.81%), Vitamin B3: 0.5mg (2.51%), Vitamin B5: 0.19mg (1.94%), Manganese: 0.04mg (1.88%), Vitamin B1: 0.03mg (1.72%), Fiber: 0.42g (1.68%), Iron: 0.3mg (1.66%), Copper: 0.03mg (1.58%), Calcium: 12.15mg (1.21%), Vitamin B2: 0.02mg (1.18%)