



Scallop, Shrimp, and Squid "Ceviche"



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



117 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bottled ají amarillo chile purée (often labeled "crema")
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 cup seville orange juice fresh (or)
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.5 pound sea scallops halved
- ☐ 0.5 pound shrimp in shell deveined peeled per pound), and
- ☐ 0.5 pound squid rings cleaned

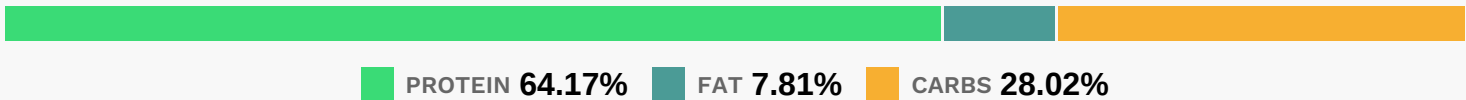
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Whisk together juice, chile purée, onion, and 1 1/2 teaspoons salt in a large bowl for marinade.
- ☐ Halve squid tentacles lengthwise and cut bodies (including flaps, if attached) crosswise into 1/4-inch rings.
- ☐ Poach scallops and shrimp in a medium pot of barely simmering water, stirring occasionally, until barely cooked through, about 1 minute. Stir in squid and cook, stirring occasionally, until just tender, about 40 seconds.
- ☐ Drain seafood well in a colander and add to marinade. Marinate, uncovered and chilled, at least 3 hours (for flavors to develop).
- ☐ Just before serving, stir in cilantro. Spoon seafood into shallow bowls with a slotted spoon, then spoon marinade over it.
- ☐ Ceviche can be chilled up to 8 hours (cover once cooled).

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:2.33, Inflammation Score:-3, Nutrition Score:10.273043557354%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 117.18kcal (5.86%), Fat: 1g (1.54%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 7.85g (2.85%), Sugar: 4g (4.44%), Cholesterol: 158mg (52.67%), Sodium: 211.31mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.5g (36.99%), Copper: 0.9mg (44.83%), Selenium: 21.88µg (31.26%), Phosphorus: 301.34mg (30.13%), Vitamin C: 23.54mg (28.54%), Vitamin B12: 1.02µg (17.07%), Potassium: 376.01mg (10.74%), Vitamin B2: 0.18mg (10.5%), Magnesium: 39.73mg (9.93%), Zinc: 1.47mg (9.79%), Vitamin B3: 1.31mg (6.56%), Folate: 22.28µg (5.57%), Calcium: 45.62mg (4.56%), Iron: 0.73mg (4.04%), Vitamin B6: 0.08mg (3.93%), Vitamin B5: 0.36mg (3.61%), Vitamin B1: 0.05mg (3.55%), Vitamin E: 0.49mg (3.3%), Vitamin A: 146.7IU (2.93%), Manganese: 0.05mg (2.47%), Vitamin K: 2.17µg (2.06%)