



## Seafood Ceviche on Cucumber Round Topped with Green Caviar

 Gluten Free  Dairy Free

READY IN



500 min.

SERVINGS



18

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 pound bay scallops fresh
- 1 ounce caviar green
- 1 tablespoon freshly cilantro leaves chopped
- 3 to 6 cucumbers english
- 0.5 jalapeno fresh finely minced (use gloves when handling)
- 1 juice of lemon juiced
- 3 juice of lime juiced

- 1 small mangos diced peeled seeded
- 0.1 cup olive oil extra-virgin
- 0.5 papaya diced peeled seeded
- 0.3 onion diced red
- 18 servings salt and pepper black freshly ground

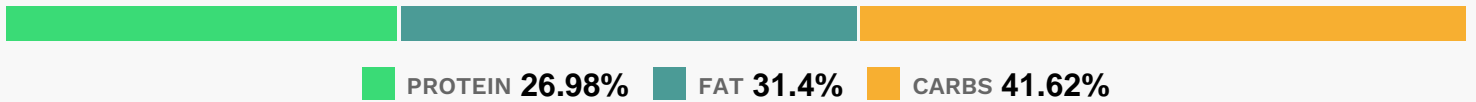
## Equipment

- mixing bowl

## Directions

- In a large mixing bowl, mix the jalapeno with the onion, lime juice, lemon juice, mango, papaya, cilantro and extra-virgin olive oil. Season mixture with salt and pepper, then stir in the scallops immersing them completely in the marinade. Cover and refrigerate for at least 8 hours, preferably overnight. (The acids in the marinade will "cook" the scallops.)
- Peel cucumbers and cut into 1/4-inch thick slices. Strain scallop mixture and spoon onto cucumber disks. Top with 1/8 teaspoon of caviar.

## Nutrition Facts



## Properties

Glycemic Index:12.97, Glycemic Load:1.3, Inflammation Score:-3, Nutrition Score:4.574782586616%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 55.43kcal (2.77%), Fat: 2.04g (3.14%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 5.42g (1.97%), Sugar: 3.28g (3.64%), Cholesterol: 15.31mg (5.1%), Sodium: 124.45mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.89%), Vitamin C: 13.45mg (16.31%), Vitamin B12: 0.67µg (11.17%), Phosphorus: 105.77mg (10.58%), Vitamin K: 10.16µg (9.67%), Selenium: 4.55µg (6.5%), Vitamin A: 281.03IU (5.62%), Magnesium: 20.58mg (5.15%), Potassium: 174.92mg (5%), Folate: 17.65µg (4.41%), Manganese: 0.07mg (3.57%), Vitamin B6: 0.07mg (3.34%), Vitamin B5: 0.29mg (2.91%), Vitamin E: 0.42mg (2.79%), Iron: 0.49mg (2.73%), Fiber: 0.67g (2.66%), Zinc: 0.37mg (2.47%), Copper: 0.05mg (2.42%), Vitamin B2: 0.04mg (2.27%), Calcium: 18.47mg (1.85%), Vitamin B3: 0.35mg (1.76%), Vitamin B1: 0.03mg (1.74%)