



Shellfish Watermelon Ceviche



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 lb boston lettuce
- ☐ 0.5 teaspoon ginger fresh finely grated peeled
- ☐ 1.5 tablespoons mint leaves fresh chopped
- ☐ 2 teaspoons jalapeno fresh finely chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 lb live maine lobsters cooked cut into 1/2-inch pieces
- ☐ 1 navel oranges
- ☐ 0.5 cup orange juice fresh

- ☐ 1.5 tablespoons onion diced red finely
- ☐ 0.5 teaspoon salt
- ☐ 0.3 lb scallops cut into 1/2-inch pieces
- ☐ 0.3 lb shrimp deveined peeled cut into 1/2-inch pieces per lb), , , and
- ☐ 0.5 cup watermelon diced seeded ()

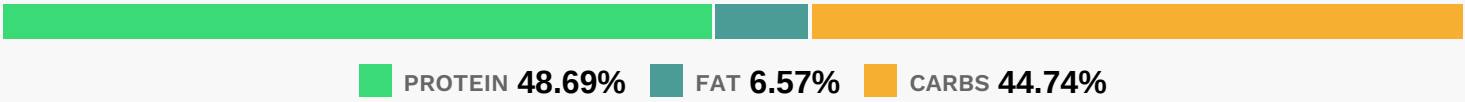
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Cut peel and white pith from orange with a sharp paring knife, then cut segments free from membranes. Chop enough segments to measure 1/4 cup. Stir together chopped orange, orange juice, lime juice, watermelon, ginger, onion, jalapeño (to taste), and salt in a large bowl.
- ☐ Bring a 1-quart saucepan three-fourths full of salted water to a boil, then add scallops. Reduce heat to a bare simmer and poach scallops until just cooked through, about 1 minute.
- ☐ Transfer with a slotted spoon to a bowl of ice and cold water to stop cooking. Return water in saucepan to a boil and poach shrimp in same manner.
- ☐ Drain shrimp in a colander and transfer to bowl of ice and cold water to stop cooking.
- ☐ Drain scallops and shrimp well and pat dry.
- ☐ Add scallops, shrimp, lobster, and mint to watermelon mixture and toss to combine, then season with salt. Chill ceviche, covered, at least 1 hour.
- ☐ Trim and separate lettuce leaves.
- ☐ Serve ceviche with lettuce leaves on the side (use a slotted spoon to transfer ceviche to lettuce).
- ☐ ·Ceviche can be chilled up to 3 hours.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:1.85, Inflammation Score:-9, Nutrition Score:17.123478215674%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 8.6mg, Hesperetin: 8.6mg, Hesperetin: 8.6mg, Hesperetin: 8.6mg Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 85.49kcal (4.27%), Fat: 0.66g (1.02%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 8.27g (3.01%), Sugar: 5.74g (6.38%), Cholesterol: 58.97mg (19.66%), Sodium: 376.37mg (16.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.05g (22.09%), Vitamin K: 97.08µg (92.46%), Vitamin A: 3378.31IU (67.57%), Vitamin C: 34.24mg (41.5%), Folate: 91.79µg (22.95%), Selenium: 15.11µg (21.58%), Copper: 0.38mg (19.05%), Phosphorus: 179mg (17.9%), Potassium: 473.02mg (13.51%), Manganese: 0.23mg (11.29%), Magnesium: 38.73mg (9.68%), Zinc: 1.35mg (9.02%), Iron: 1.58mg (8.77%), Vitamin B12: 0.5µg (8.38%), Calcium: 80.74mg (8.07%), Vitamin B6: 0.16mg (7.95%), Fiber: 1.88g (7.51%), Vitamin B1: 0.1mg (6.87%), Vitamin B5: 0.61mg (6.1%), Vitamin B2: 0.09mg (5.39%), Vitamin B3: 1.04mg (5.18%), Vitamin E: 0.47mg (3.11%)