



Shrimp and Scallop Ceviche



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



120 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bay scallops
- ☐ 1 cup coconut milk (see notes)
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh minced
- ☐ 0.5 cup juice of lime
- ☐ 0.3 cup bell pepper red minced
- ☐ 1 teaspoon salt
- ☐ 2 serrano chiles fresh minced stemmed rinsed seeded

☐ 1 pound shrimp (shelled deveined per lb.)

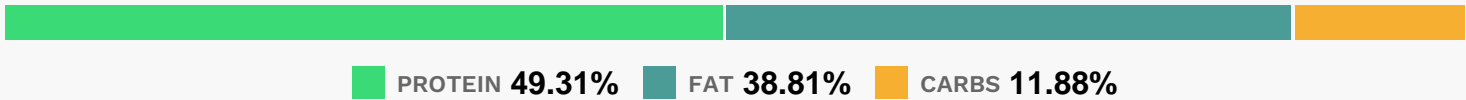
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Rinse shrimp and scallops. Fill a bowl with ice water.
- ☐ In a 3- to 4-quart pan over high heat, bring about 2 quarts water to a boil.
- ☐ Add the shrimp, reduce heat to maintain a simmer, and cook until shrimp are opaque but still moist-looking in center of thickest part (cut to test), 1 to 2 minutes.
- ☐ Remove with a strainer or a slotted spoon and immerse in ice water until cool.
- ☐ Add scallops to simmering water and cook until opaque but still moist-looking in the center (cut to test), 1 to 2 minutes; lift out and immerse in ice water until cool.
- ☐ Drain shrimp and scallops.
- ☐ Cut each shrimp crosswise into thirds.
- ☐ Meanwhile, in a glass or ceramic bowl, mix coconut milk, lime juice, bell pepper, chilies, cilantro, ginger, and salt. Stir in shrimp and scallops. Cover and chill at least 6 hours or up to 1 day.
- ☐ Spoon into a large serving bowl or onto a rimmed platter.

Nutrition Facts



Properties

Glycemic Index:17.6, Glycemic Load:0.7, Inflammation Score:-2, Nutrition Score:5.8560869123625%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 119.9kcal (6%), Fat: 5.31g (8.17%), Saturated Fat: 4.39g (27.41%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 3.45g (1.26%), Sugar: 0.43g (0.48%), Cholesterol: 83.91mg (27.97%), Sodium: 468.02mg (20.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.18g (30.36%), Phosphorus: 273.94mg (27.39%), Copper: 0.25mg (12.36%), Vitamin C: 9.27mg (11.23%), Vitamin B12: 0.64µg (10.66%), Manganese: 0.21mg (10.46%), Magnesium: 38.57mg (9.64%), Potassium: 294.61mg (8.42%), Selenium: 5.84µg (8.34%), Zinc: 1.18mg (7.83%), Iron: 1.2mg (6.69%), Calcium: 38.35mg (3.84%), Folate: 13.85µg (3.46%), Vitamin B6: 0.06mg (3.17%), Vitamin A: 143.38IU (2.87%), Vitamin B3: 0.55mg (2.73%), Vitamin B5: 0.16mg (1.65%)