



Shrimp and Scallop Ceviche Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound bay scallops
- ☐ 0.5 cup lightly cilantro fresh packed
- ☐ 2 cups rice white cold cooked
- ☐ 4 servings hot sauce
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.5 lb salad mix rinsed drained
- ☐ 4 servings salt

- ☐ 0.3 pound tomatillos husked rinsed
- ☐ 1 cup bell pepper yellow chopped

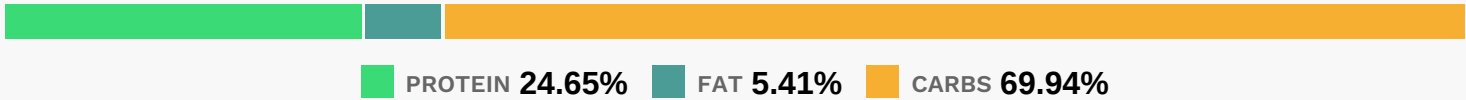
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ In a 2- to 3-quart pan over high heat, bring 4 cups water to a boil.
- ☐ Add scallops and shrimp, cover pan, and remove from heat.
- ☐ Let stand until scallops and shrimp are opaque in thickest part (cut to test), about 5 minutes.
- ☐ Drain shellfish and pour into a bowl; nest bowl in ice water. Stir occasionally.
- ☐ Meanwhile, coarsely chop tomatillos. In a blender or food processor, whirl tomatillos, lime juice, and cilantro until pureed.
- ☐ Pour over scallops and shrimp.
- ☐ Add onion and bell pepper.
- ☐ Mix occasionally until ceviche is lukewarm or cool, 20 to 30 minutes.
- ☐ Add rice; mix and season to taste with salt and hot sauce.
- ☐ Arrange spinach on dinner plates and top with ceviche mixture.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:24.59, Inflammation Score:-10, Nutrition Score:25.925652047862%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

Nutrients (% of daily need)

Calories: 184.34kcal (9.22%), Fat: 1.12g (1.73%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 29.84g (10.85%), Sugar: 2.39g (2.65%), Cholesterol: 13.61mg (4.54%), Sodium: 467.17mg (20.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.05%), Vitamin K: 283.05µg (269.57%), Vitamin C: 91.95mg (111.45%), Vitamin A: 5564.46IU (111.29%), Manganese: 1.01mg (50.71%), Folate: 138.9µg (34.73%), Phosphorus: 278.94mg (27.89%), Selenium: 14.13µg (20.18%), Magnesium: 80.02mg (20%), Potassium: 663.79mg (18.97%), Vitamin B6: 0.33mg (16.69%), Vitamin B12: 0.8µg (13.32%), Iron: 2.34mg (13.02%), Fiber: 2.86g (11.45%), Copper: 0.22mg (10.9%), Vitamin B3: 2.04mg (10.19%), Zinc: 1.38mg (9.2%), Vitamin B2: 0.16mg (9.12%), Vitamin E: 1.36mg (9.07%), Calcium: 80.63mg (8.06%), Vitamin B1: 0.1mg (6.62%), Vitamin B5: 0.62mg (6.17%)