



Shrimp and Scallop Posole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons cilantro leaves divided chopped
- ☐ 3 cups bottled clam juice ()
- ☐ 3 garlic cloves minced
- ☐ 15 ounce hominy white rinsed drained canned
- ☐ 1 pound shrimp deveined uncooked peeled
- ☐ 1 tablespoon lime zest finely grated
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped

- ☐ 1 cup salsa verde (tomatillo salsa)
- ☐ 1 pound sea scallops halved
- ☐ 2 tablespoons sun-dried tomatoes finely chopped in oil

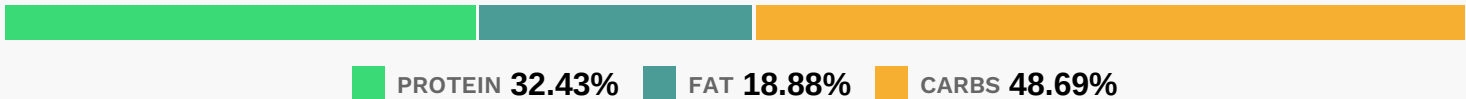
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in large deep skillet over medium-high heat.
- ☐ Add onion; sauté until tender, about 5 minutes.
- ☐ Add garlic; stir about 30 seconds.
- ☐ Add 3 cups clam juice and next 4 ingredients to skillet; simmer 5 minutes. DO AHEAD Can be made 4 hours ahead. Cool slightly. Refrigerate uncovered until cold, then cover and chill. Bring to simmer before continuing.
- ☐ Add shrimp, scallops, and 3 tablespoons cilantro to simmering broth, adding more clam juice to thin if necessary. Simmer until seafood is just opaque in center, about 3 minutes. Season with salt and pepper. Divide among bowls; sprinkle with remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:14.174347908601%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 275.74kcal (13.79%), Fat: 5.65g (8.69%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 32.76g (10.92%), Net Carbohydrates: 29.71g (10.8%), Sugar: 8.72g (9.69%), Cholesterol: 113.4mg (37.8%), Sodium: 1682.42mg (73.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.82g (43.63%), Selenium: 35.15µg (50.22%), Phosphorus: 491.97mg (49.2%), Vitamin B12: 1.94µg (32.34%), Vitamin C: 15.17mg (18.39%), Vitamin B6: 0.32mg (15.99%), Potassium: 553.05mg (15.8%), Zinc: 2.36mg (15.76%), Magnesium: 57.68mg (14.42%), Vitamin A: 633.28IU (12.67%), Copper: 0.25mg (12.5%), Fiber: 3.05g (12.2%), Vitamin B3: 2.4mg (11.99%), Folate: 43.12µg (10.78%), Manganese: 0.21mg (10.3%), Vitamin E: 1.51mg (10.1%), Calcium: 73.61mg (7.36%), Iron: 1.3mg (7.22%), Vitamin B5: 0.67mg (6.73%), Vitamin B1: 0.07mg (4.84%), Vitamin B2: 0.07mg (4.09%), Vitamin K: 2.74µg (2.61%)