



## Speedy Seviche

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 1 green onion thinly sliced
- 0.3 cup fresh-squeezed orange and lime juices
- 2 tablespoons olive oil extra-virgin
- 8 ounces sea scallops cut in half horizontally
- 12 ounces shrimp thawed deveined peeled

## Equipment

- sauce pan

whisk

## Directions

- Poach shrimp and scallops in a medium saucepan of boiling water 1 minute.
- Drain and refresh under cold running water.
- Whisk together juices, oil, and 1 teaspoon each salt and sugar.
- Whisk in green onion and cilantro. Toss seafood in dressing. Refrigerate 30 minutes before serving. Season to taste with freshly ground black pepper.
- Serve over Bibb lettuce.

## Nutrition Facts

 **PROTEIN 54.51%**  **FAT 39.45%**  **CARBS 6.04%**

## Properties

Glycemic Index:24, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:6.7800000258114%

## Flavonoids

Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 176.1kcal (8.8%), Fat: 7.73g (11.89%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 2.41g (0.88%), Sugar: 0.17g (0.19%), Cholesterol: 150.54mg (50.18%), Sodium: 324.3mg (14.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.03g (48.07%), Phosphorus: 373.66mg (37.37%), Copper: 0.35mg (17.62%), Vitamin B12: 0.8µg (13.32%), Zinc: 1.67mg (11.17%), Magnesium: 43.25mg (10.81%), Vitamin K: 11.08µg (10.55%), Selenium: 7.3µg (10.43%), Potassium: 356.27mg (10.18%), Vitamin E: 1.04mg (6.95%), Calcium: 62.18mg (6.22%), Iron: 0.78mg (4.34%), Folate: 11.6µg (2.9%), Vitamin C: 2.36mg (2.87%), Vitamin B6: 0.05mg (2.3%), Manganese: 0.04mg (2.19%), Vitamin B3: 0.43mg (2.14%), Vitamin B5: 0.14mg (1.38%), Fiber: 0.25g (1.01%)