



Spicy Shrimp and Scallop Seviche

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



113 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bay scallops
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup juice of lime fresh
- ☐ 2 cups onion diced
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons serrano chile chopped
- ☐ 0.5 pound shrimp deveined peeled

- ☐ 3 cups tomatoes diced
- ☐ 16 ounce no salt-added tomato juice

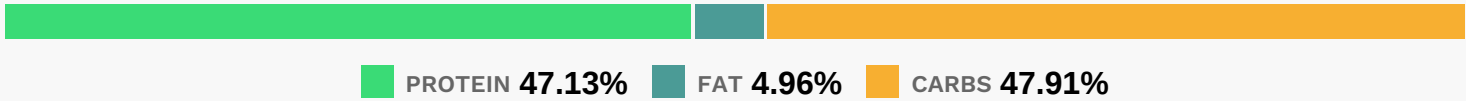
Equipment

- ☐ bowl

Directions

- ☐ Combine first 7 ingredients in a large bowl; let stand 30 minutes.
- ☐ Cook shrimp and scallops in boiling water 45 seconds.
- ☐ Drain and plunge shrimp and scallops into ice water; drain.
- ☐ Add shrimp and scallops to tomato mixture. Stir in tomato juice. Cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:26.72, Glycemic Load:2.79, Inflammation Score:-8, Nutrition Score:11.320869590925%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 13.75mg, Quercetin: 13.75mg, Quercetin: 13.75mg, Quercetin: 13.75mg

Nutrients (% of daily need)

Calories: 112.94kcal (5.65%), Fat: 0.66g (1.02%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 11.99g (4.36%), Sugar: 7.45g (8.28%), Cholesterol: 69.93mg (23.31%), Sodium: 401.89mg (17.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.36%), Vitamin C: 36.61mg (44.38%), Phosphorus: 259.66mg (25.97%), Vitamin A: 1109.68IU (22.19%), Potassium: 651.55mg (18.62%), Copper: 0.28mg (14.17%), Vitamin B6: 0.27mg (13.49%), Manganese: 0.26mg (12.76%), Vitamin K: 12.81µg (12.2%), Magnesium: 46.58mg (11.65%), Folate: 46.47µg (11.62%), Fiber: 2.42g (9.7%), Vitamin B12: 0.53µg (8.88%), Zinc: 1.22mg (8.12%), Selenium: 5.39µg (7.7%), Vitamin B3: 1.4mg (7%), Vitamin B1: 0.1mg (6.6%), Iron: 1.07mg (5.96%), Calcium: 58.48mg (5.85%),

Vitamin E: 0.77mg (5.12%), Vitamin B5: 0.45mg (4.46%), Vitamin B2: 0.07mg (3.94%)