



Summer Scallop and Shrimp Coctel

 Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup clam-tomato juice (recommended: Clamato)
- 3 tablespoons cilantro leaves fresh chopped
- 1 teaspoon bottled hot sauce
- 0.3 cup catsup
- 0.3 cup juice of lime fresh
- 0.3 cup onion red finely chopped
- 4 servings salt and pepper black freshly ground
- 0.5 pound sea scallops (6 to 8)

- 1 teaspoon serrano chile seeded finely chopped
- 0.5 pound shrimp shelled deveined cooked
- 4 servings tortilla chips for serving

Equipment

- bowl
- pot

Directions

- Bring a large pot of salted water to a boil.
- Add the scallops and poach gently until they are cooked just to rare, about 2 minutes.
- Drain well and chill for about 30 minutes, or up to overnight.
- Stir together the onions, clam-tomato juice, ketchup, lime juice, cilantro, serrano and hot sauce in a large bowl until well incorporated. Season with salt and pepper.
- Quarter the chilled scallops.
- Add the quartered scallops and shrimp into the onion-sauce mixture and gently stir to combine.
- Divide among 4 (6-ounce) glasses.
- Serve with saltines or tortilla chips.

Nutrition Facts

PROTEIN 32.72% **FAT 22.8%** **CARBS 44.48%**

Properties

Glycemic Index:30.58, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:9.0952173419621%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 246.91kcal (12.35%), Fat: 6.42g (9.88%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 28.19g (9.4%), Net Carbohydrates: 26.23g (9.54%), Sugar: 4.81g (5.34%), Cholesterol: 104.89mg (34.96%), Sodium: 546.61mg (23.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.73g (41.47%), Phosphorus: 386.94mg (38.69%), Magnesium: 62.41mg (15.6%), Copper: 0.3mg (14.81%), Vitamin B12: 0.8µg (13.32%), Potassium: 436.83mg (12.48%), Selenium: 8.73µg (12.47%), Vitamin C: 9.97mg (12.09%), Zinc: 1.75mg (11.67%), Vitamin E: 1.31mg (8.7%), Vitamin B6: 0.16mg (7.93%), Calcium: 79.1mg (7.91%), Fiber: 1.96g (7.84%), Vitamin K: 7.97µg (7.59%), Iron: 1.12mg (6.22%), Vitamin B5: 0.54mg (5.39%), Folate: 21.24µg (5.31%), Vitamin B3: 1mg (5.01%), Manganese: 0.09mg (4.46%), Vitamin B1: 0.06mg (4.19%), Vitamin B2: 0.07mg (3.85%), Vitamin A: 182.76IU (3.66%)