

Scallop and Jalapeno Ceviche (Gluten Free*)

Average user rating: ★★★★★ (from 1 user(s))



Classic, refreshing Latin dish featuring MINOR'S® Fire Roasted Jalapeno Flavor Concentrate.

Yield	6-1/2 cups (6/7oz servings)
Serves	6
Preparation time	15 minutes
Cooking time	12 hours

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
32	oz	2	lbs	Scallops, raw	Bay
8	fl oz	1	cup	Lime juice, fresh	
2	oz	1/2	cup	Onions	diced
1.5	oz	3	tbsp	Minor's® Fire Roasted Jalapeno Flavor Concentrate Gluten Free (6x13.6oz)US	
8.25	oz	2	cups	Avocados	medium diced
5.25	oz	1	cup	Tomato	concasse
2	oz	1/4	cup	Olive oil	
1/4	oz	4	tbsp	Cilantro	

Preparation Steps

1. Clean and dry scallops of any excess moisture. Add 2 Tbsp of Fire Roasted Jalapeno Flavor Concentrate, lime juice and onions. Mix gently so everything has been completely coated in lime juice. Refrigerate for 12 hours.
2. Drain scallops and discard lime juice.
3. Gently toss scallops with the remaining 1 Tbsp of Fire Roasted Jalapeno Flavor Concentrate, avocados, tomatoes, oil and cilantro.
4. Season to taste.

Chef's tip

Serve with any tropical chips such as plantain or yucca.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	307.4
Energy (Kj)	1288.4
Protein (g)	26.8
Carbohydrate, total (g)	12.9
Fats, total (g)	17.1
Sugars, total (g)	2.2
Fats, saturated (g)	2.3
Fiber, total dietary (g)	3.4
Sodium (mg)	369.3
Calcium (mg)	53.4
Cholesterol (mg)	49.9
Iron (mg)	0.9

Fats, monounsaturated (g)	11.2
Fats, polyunsaturated (g)	2.4
Vitamin A (µg_RAE)	41.6
Vitamin C (mg)	34.4
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.