



Amarillo Ceviche Mixto



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



112 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ají mirasol paste (see Note)
- ☐ 0.5 pound bay scallops
- ☐ 0.3 cup bottled clam juice
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon cilantro leaves fresh coarsely chopped for garnish
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 tablespoons spring onion sliced
- ☐ 1 tablespoon turmeric

- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 0.5 pound octopus legs cooked sliced
- ☐ 1 pinch salt
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 1 small bell pepper diced yellow seeded
- ☐ 1 tomatoes diced yellow seeded

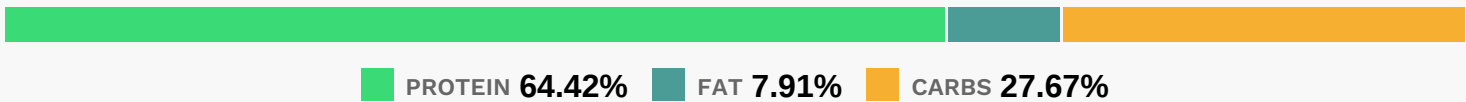
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Place all the sauce ingredients in a blender or food processor and purée until smooth. In a nonreactive bowl, mix together the sauce, shrimp, octopus, scallops, tomato, bell pepper, chives, and green onions. Cover and refrigerate for 1 hour. Before serving, garnish with the chopped cilantro.
- ☐ Aji amarillo is a spicy Peruvian yellow pepper. Most commonly found as a jarred paste in South American markets.
- ☐ From The Great Ceviche Book, Revised by Douglas Rodriguez with Laura Zimmerman. Copyright © 2003, 2010 by Douglas Rodriguez. Published by Ten Speed Press, a division of Random House, Inc.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:14.389130416124%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 3.17mg, Hesperetin: 3.17mg, Hesperetin: 3.17mg, Hesperetin: 3.17mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 112.28kcal (5.61%), Fat: 1g (1.54%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 7.27g (2.64%), Sugar: 1.25g (1.39%), Cholesterol: 88.07mg (29.36%), Sodium: 324.42mg (14.11%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 18.31g (36.63%), Vitamin B12: 8.1µg (134.93%), Vitamin C: 35.78mg (43.37%), Selenium: 21.98µg (31.41%), Phosphorus: 290.49mg (29.05%), Copper: 0.36mg (17.93%), Iron: 2.99mg (16.61%), Potassium: 426.13mg (12.18%), Vitamin B6: 0.23mg (11.55%), Zinc: 1.6mg (10.68%), Magnesium: 40.47mg (10.12%), Manganese: 0.15mg (7.48%), Vitamin B3: 1.35mg (6.76%), Folate: 22.89µg (5.72%), Calcium: 56.16mg (5.62%), Vitamin K: 5.72µg (5.45%), Vitamin E: 0.57mg (3.83%), Vitamin B5: 0.34mg (3.4%), Vitamin A: 156.23IU (3.12%), Fiber: 0.6g (2.38%), Vitamin B1: 0.03mg (2.15%), Vitamin B2: 0.04mg (2.14%)