



Avocado Shrimp Ceviche-Estillo Sarita

 Dairy Free  Popular

READY IN



90 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado diced pitted peeled
- 0.5 cup cilantro leaves fresh chopped
- 1 tablespoon catsup
- 0.8 cup juice of lime fresh
- 1 teaspoon pepper sauce hot
- 5 roma tomatoes diced (plum)
- 4 servings salt and pepper to taste
- 16 saltines

- 2 pounds shrimp deveined peeled chopped
- 1 onion white chopped
- 1 tablespoon worcestershire sauce

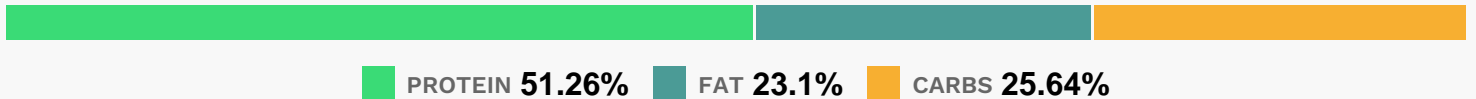
Equipment

- bowl

Directions

- Place the shrimp and lime juice into a large bowl, and stir to coat.
- Let stand for about 5 minutes, or until shrimp are opaque. The lime juice will cook them.
- Mix in the tomatoes, onion, and cilantro until coated with lime juice; cover and refrigerate for 1 hour.
- Remove from the refrigerator, and mix in the Worcestershire sauce, ketchup, hot sauce, salt and pepper. We have our own hot sauce recipe, but you can use whatever hot sauce you like, or leave it out and let people add their own when serving.
- Serve in glass tumblers and top with avocado pieces. Set out extra Worcestershire sauce, ketchup, lime wedges and hot sauce for people to individualize their dish.
- Serve with saltine crackers.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:1.73, Inflammation Score:-7, Nutrition Score:19.361738948718%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg

Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 367.26kcal (18.36%), Fat: 9.81g (15.1%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 24.5g (8.17%), Net Carbohydrates: 19.15g (6.96%), Sugar: 5.71g (6.35%), Cholesterol: 365.14mg (121.71%), Sodium: 702.61mg (30.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.99g (97.98%), Phosphorus: 561.24mg (56.12%), Copper: 1.08mg (54.21%), Vitamin C: 33.28mg (40.34%), Potassium: 1194.05mg (34.12%), Magnesium: 113.23mg (28.31%), Vitamin K: 26.48µg (25.22%), Zinc: 3.68mg (24.56%), Fiber: 5.35g (21.41%), Folate: 80.15µg (20.04%), Manganese: 0.39mg (19.6%), Calcium: 180.54mg (18.05%), Vitamin A: 901.47IU (18.03%), Iron: 2.71mg (15.07%), Vitamin B6: 0.26mg (13.11%), Vitamin E: 1.81mg (12.08%), Vitamin B1: 0.18mg (11.71%), Vitamin B3: 2.31mg (11.56%), Vitamin B2: 0.17mg (9.91%), Vitamin B5: 0.93mg (9.28%), Selenium: 1.69µg (2.41%)