



## Beto's Peruvian-Style Ceviche

 Gluten Free

READY IN



315 min.

SERVINGS



6

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons aji amarillo–pineapple salsa cut into 1/4-inch dice\*
- 1 teaspoon aji amarillo paste
- 0.5 teaspoon pepper black
- 2 tablespoons chili powder
- 3 tablespoons cotija cheese grated
- 2 ears corn fresh
- 2 tablespoons parsley fresh chopped
- 0.8 tablespoon garlic minced

- 0.8 cup juice of lime fresh
- 1 tablespoon olive oil
- 1 onion red cut into 1/4-inch-dice
- 1 teaspoon salt
- 1 sweet potatoes and into cut into 1/4-inch slices
- 1 pound tilapia fresh cut into 1/2-inch cubes
- 6 servings tortilla chips

## Equipment

- bowl
- frying pan
- oven
- mixing bowl

## Directions

- Combine the tilapia, lime juice, diced aji amarillo, parsley, olive oil, garlic, aji amarillo paste, salt, pepper and onion in a large mixing bowl and mix well. Cover and chill to marinate, at least 4 hours and up to 24 hours.
- For assembly: Preheat the oven to 325 degrees F. Roast the corn in the oven until tender, about 30 minutes.
- Let the corn cool 10 minutes before shucking and cutting cross-wise into 1-inch pieces. Set aside.
- Heat a deep-fryer or large skillet with oil to 350 degrees F. Deep fry the sliced sweet potato until tender and set aside.
- Place 4 ounces of the ceviche per bowl.
- Place 3 slices of fried sweet potato and 3 sections of roasted corn on each plate.
- Sprinkle the chili powder over the sweet potato and corn, and top the corn with the Cotija cheese.
- Place one bowl on each plate with the sweet potato and corn, and serve with the tortilla chips, if using.

# Nutrition Facts

PROTEIN 23.84% FAT 31.14% CARBS 45.02%

## Properties

Glycemic Index:41.83, Glycemic Load:4.58, Inflammation Score:-10, Nutrition Score:22.439565202464%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

## Nutrients (% of daily need)

Calories: 334.71kcal (16.74%), Fat: 12.14g (18.68%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 39.5g (13.17%), Net Carbohydrates: 34.67g (12.61%), Sugar: 5.64g (6.27%), Cholesterol: 45.36mg (15.12%), Sodium: 687.75mg (29.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.83%), Vitamin A: 6428.1IU (128.56%), Selenium: 35.38µg (50.54%), Vitamin K: 35.51µg (33.82%), Vitamin C: 26.24mg (31.8%), Phosphorus: 288.3mg (28.83%), Vitamin B6: 0.46mg (22.87%), Vitamin B3: 4.52mg (22.58%), Vitamin B12: 1.34µg (22.3%), Vitamin E: 2.91mg (19.43%), Magnesium: 77.3mg (19.33%), Fiber: 4.82g (19.3%), Potassium: 647.24mg (18.49%), Vitamin D: 2.38µg (15.85%), Manganese: 0.31mg (15.29%), Vitamin B5: 1.41mg (14.11%), Vitamin B2: 0.22mg (13.1%), Folate: 52.09µg (13.02%), Vitamin B1: 0.19mg (12.75%), Calcium: 114.15mg (11.41%), Iron: 2.03mg (11.29%), Copper: 0.22mg (10.99%), Zinc: 1.35mg (9.01%)