



 **100%**
HEALTH SCORE

Cebiche Anconero

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



5 min.

SERVINGS



1

CALORIES



442 kcal

Ingredients

- 1 Dash cilantro leaves diced
- 1 serving regular corn
- 1 serving corn syrup white
- 8 ounces fish fillet cut into squares
- 1 serving garlic minced
- 6 juice of lime juiced
- 1 serving pepper black freshly ground
- 1 pepper chopped
- 1 serving pepper

- 0.5 onion red sliced
- 1 serving sweet potatoes and into steamed peeled

Equipment

Directions

- Mix the corvina, aji limo garlic, salt and pepper well. Then add the lime juice, cilantro and rocoto pepper. Put this combination on a plate and garnish with the slices of red onions. Accompany with the sweet potatoes, roasted corn and Peruvian white corn, if desired.
- Serve immediately!

Nutrition Facts



Properties

Glycemic Index:298.5, Glycemic Load:9.6, Inflammation Score:-8, Nutrition Score:32.473913172017%

Flavonoids

Eriodictyol: 3.94mg, Eriodictyol: 3.94mg, Eriodictyol: 3.94mg, Eriodictyol: 3.94mg Hesperetin: 16.15mg, Hesperetin: 16.15mg, Hesperetin: 16.15mg, Hesperetin: 16.15mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.66mg, Quercetin: 12.66mg, Quercetin: 12.66mg, Quercetin: 12.66mg

Nutrients (% of daily need)

Calories: 441.91kcal (22.1%), Fat: 6.34g (9.75%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 55.16g (18.39%), Net Carbohydrates: 49.16g (17.87%), Sugar: 14.91g (16.57%), Cholesterol: 113.4mg (37.8%), Sodium: 128.57mg (5.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.45g (104.9%), Selenium: 96.53µg (137.89%), Vitamin C: 68.31mg (82.8%), Vitamin B12: 3.58µg (59.72%), Vitamin B3: 11.8mg (59.01%), Phosphorus: 564.27mg (56.43%), Vitamin D: 7.03µg (46.87%), Potassium: 1374.28mg (39.27%), Vitamin B6: 0.75mg (37.55%), Manganese: 0.69mg (34.53%), Magnesium: 128.34mg (32.08%), Folate: 117.02µg (29.25%), Vitamin B5: 2.63mg (26.28%), Fiber: 6.01g (24.03%), Vitamin B1: 0.31mg (20.86%), Copper: 0.35mg (17.52%), Vitamin B2: 0.28mg (16.3%), Iron: 2.51mg (13.94%), Zinc: 1.94mg (12.91%), Vitamin A: 511.33IU (10.23%), Vitamin E: 1.5mg (9.97%), Vitamin K: 10.22µg (9.74%), Calcium: 76.1mg (7.61%)