

 100%  
HEALTH SCORE

## Ceviche



Gluten Free



Dairy Free



Very Healthy

READY IN



150 min.

SERVINGS



6

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 level tablespoon cilantro
- ☐ 1 clove garlic
- ☐ 7 limes
- ☐ 1 medium onion
- ☐ 0.5 teaspoon oregano
- ☐ 6 servings salt
- ☐ 1 ounce serrano chili pepper
- ☐ 2 pounds snapper fillet red

- ☐ 8 fluid ounces sacramento tomato juice
- ☐ 10 ounces tomatoes
- ☐ 1 tablespoon vegetable
- ☐ 6 servings bell pepper white

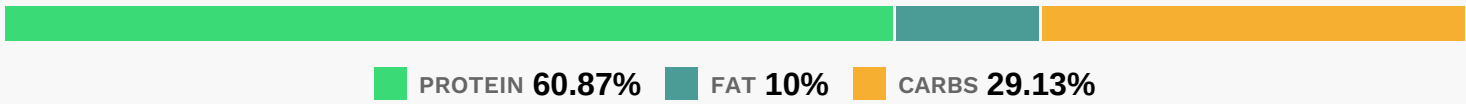
## Equipment

- ☐ bowl
- ☐ knife

## Directions

- ☐ Descale the fish under water, using the back edge of the knife. Then, with a sharp knife, slit down the back of the fish and carefully remove the fillets! No bones allowed!! Squeeze the juice from the limes. Slice the onion and then dice it. Blanch the tomatoes in boiling water – cool and then peel off the skin and remove the pips. Measure the tomato juice and oil. Wash, dry and finely chop the cilantro. Smash the clove of garlic. Carefully remove the pips from the pepper.
- ☐ Place the fillets of fish into a mincer and when minced pour the lime juice over it and season with salt and pepper– set aside in a large bowl and refrigerate for up to 2 hours or until opaque. Before serving, toss with the remainder of the ingredients and serve immediately.;

## Nutrition Facts



## Properties

Glycemic Index:40.06, Glycemic Load:3.42, Inflammation Score:-8, Nutrition Score:25.016086920448%

## Flavonoids

Hesperetin: 33.61mg, Hesperetin: 33.61mg, Hesperetin: 33.61mg, Hesperetin: 33.61mg Naringenin: 2.98mg, Naringenin: 2.98mg, Naringenin: 2.98mg, Naringenin: 2.98mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

## Nutrients (% of daily need)

Calories: 207.46kcal (10.37%), Fat: 2.4g (3.7%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 11.63g (4.23%), Sugar: 4.94g (5.49%), Cholesterol: 55.94mg (18.65%), Sodium: 301.17mg (13.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.9g (65.8%), Vitamin D: 15.42µg (102.81%), Selenium: 58.45µg (83.5%), Vitamin B12: 4.54µg (75.6%), Vitamin C: 43.26mg (52.43%), Vitamin B6: 0.78mg (38.93%), Phosphorus: 345.23mg (34.52%), Potassium: 966.24mg (27.61%), Vitamin A: 965.52IU (19.31%), Magnesium: 68.54mg (17.13%), Fiber: 4.11g (16.45%), Vitamin B5: 1.49mg (14.87%), Vitamin E: 2.08mg (13.87%), Manganese: 0.25mg (12.52%), Calcium: 97.41mg (9.74%), Vitamin B1: 0.14mg (9.66%), Copper: 0.18mg (9.11%), Folate: 34.89µg (8.72%), Iron: 1.5mg (8.36%), Vitamin K: 7.97µg (7.59%), Vitamin B3: 1.28mg (6.38%), Zinc: 0.86mg (5.73%), Vitamin B2: 0.06mg (3.34%)