



Ceviche



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



94 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds sushi-grade yellowtail flounder fresh cut into 1/2-inch pieces
- ☐ 1 habanero pepper finely minced seeded
- ☐ 1 cup juice of lime freshly squeezed
- ☐ 0.5 onion diced red finely
- ☐ 1 teaspoon salt
- ☐ 1 cup tomatoes seeded chopped

Equipment

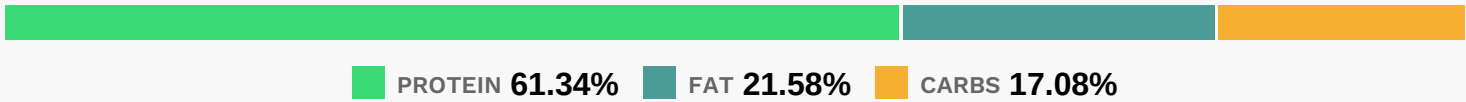
- ☐ bowl

☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large glass bowl, combine all of the ingredients, except for the onion. Toss well and put the onion on top. Cover with plastic wrap and allow it to sit in the refrigerator for 1 1/2 hours, then stir to incorporate the onion.
- ☐ Let sit in the refrigerator for at least 1 more hour and up to 3 hours.
- ☐ Cook's Note: During the marinating process the fish will change from translucent to white in color and be opaque. Try to avoid getting the lime membrane in the juice as it can be bitter.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:8.6460869519607%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 93.54kcal (4.68%), Fat: 2.26g (3.48%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 3.54g (1.29%), Sugar: 1.36g (1.51%), Cholesterol: 51.03mg (17.01%), Sodium: 384.46mg (16.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.45g (28.9%), Selenium: 30.24µg (43.19%), Phosphorus: 297mg (29.7%), Vitamin B12: 1.28µg (21.36%), Vitamin D: 3.18µg (21.17%), Vitamin C: 13.93mg (16.89%), Potassium: 275.09mg (7.86%), Vitamin B6: 0.15mg (7.61%), Vitamin B3: 1.36mg (6.78%), Magnesium: 25.86mg (6.47%), Vitamin E: 0.89mg (5.94%), Vitamin A: 219.73IU (4.39%), Folate: 13.08µg (3.27%), Calcium: 31.85mg (3.18%), Vitamin B1: 0.04mg (2.9%), Zinc: 0.43mg (2.9%), Vitamin B5: 0.27mg (2.75%), Manganese: 0.05mg (2.73%), Copper: 0.05mg (2.26%), Vitamin B2: 0.03mg (1.98%), Fiber: 0.48g (1.92%), Vitamin K: 1.97µg (1.88%), Iron: 0.31mg (1.73%)