



WHATSheATE



Ceviche



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g fish fillet white such as haddock, halibut or pollack, skinned and thinly sliced firm
- ☐ 8 juice of lime (250ml/9fl oz)
- ☐ 1 onion red sliced into rings
- ☐ 1 handful olive green pitted finely chopped
- ☐ 2 to 2 chilies slit green finely chopped
- ☐ 2 tomatoes seeded chopped
- ☐ 1 bunch cilantro leaves roughly chopped
- ☐ 2 tbsp olive oil extra virgin extra-virgin

- ☐ 1 pinch sugar good
- ☐ 6 servings tortilla chips

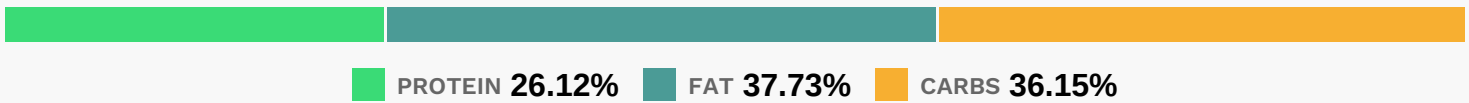
Equipment

- ☐ bowl

Directions

- ☐ In a large glass bowl, combine the fish, lime juice and onion. The juice should completely cover the fish; if not, add a little more. Cover with cling film and place in the fridge for 1 hr 30 mins.
- ☐ Remove the fish and onion from the lime juice (discard the juice) and place in a bowl.
- ☐ Add the olives, chilies, tomatoes, coriander and olive oil, stir gently, then season with a good pinch of salt and sugar. This can be made a couple of hours in advance and stored in the fridge.
- ☐ Serve with tortilla chips to scoop up the ceviche and enjoy with a glass of cold beer.

Nutrition Facts



Properties

Glycemic Index:27.85, Glycemic Load:0.92, Inflammation Score:-6, Nutrition Score:13.677826114323%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 287.96kcal (14.4%), Fat: 12.53g (19.27%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 27g (9%), Net Carbohydrates: 23.88g (8.69%), Sugar: 3.45g (3.83%), Cholesterol: 41.67mg (13.89%), Sodium: 241.41mg (10.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.51g (39.03%), Selenium: 36.24µg (51.77%), Vitamin C: 21.13mg (25.62%), Phosphorus: 226.2mg (22.62%), Vitamin B12: 1.32µg (21.94%), Vitamin B3: 3.83mg (19.16%), Vitamin D:

2.58µg (17.22%), Vitamin K: 17.56µg (16.72%), Vitamin E: 2.47mg (16.45%), Magnesium: 56.28mg (14.07%), Potassium: 481.76mg (13.76%), Vitamin B6: 0.26mg (12.91%), Fiber: 3.12g (12.47%), Folate: 37.92µg (9.48%), Vitamin A: 465.81IU (9.32%), Vitamin B5: 0.85mg (8.54%), Vitamin B1: 0.11mg (7.24%), Copper: 0.14mg (6.94%), Iron: 1.14mg (6.35%), Manganese: 0.11mg (5.71%), Vitamin B2: 0.09mg (5.49%), Calcium: 54.6mg (5.46%), Zinc: 0.8mg (5.35%)