



Ceviche



Gluten Free



Dairy Free



Popular

READY IN



195 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lbs snapper fillets fresh red firm cut into 1/2 inch pieces, completely deboned (or other firm-fleshed fish)
- ☐ 0.5 cup squeezed lime juice fresh
- ☐ 0.5 cup squeezed lemon juice fresh
- ☐ 0.5 onion diced red finely
- ☐ 1 cup tomatoes fresh seeded chopped
- ☐ 1 serrano chili diced seeded finely
- ☐ 2 teaspoons salt
- ☐ 1 Dash ground oregano

- ☐ 1 Dash a pinch of cayenne pepper light
- ☐ 4 servings cilantro leaves
- ☐ 4 servings avocado
- ☐ 4 servings tortilla chips

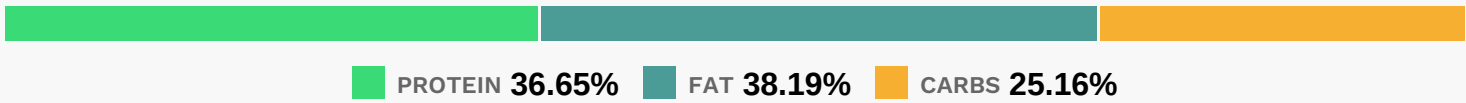
Equipment

- ☐ casserole dish

Directions

- ☐ Assemble the ceviche: In a non-reactive casserole dish, either Pyrex or ceramic, place the fish, onion, tomatoes, chili, salt, Tabasco, and oregano. Cover with lime and lemon juice. Cover casserole dish with plastic-wrap.
- ☐ Stir after one hour, then marinate several more hours:
- ☐ Let sit covered in the refrigerator for an hour, then stir, making sure more of the fish gets exposed to the acidic lime and lemon juices.
- ☐ Let sit for several more hours, giving time for the flavors to blend.
- ☐ During the marinating process, the fish will change from pinkish grey and translucent, to whiter in color and opaque.
- ☐ Serve with chopped cilantro and slices of avocado with heated tortillas for ceviche tacos or with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.4, Inflammation Score:-9, Nutrition Score:36.797826020614%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 2.15mg, Eriodictyol: 2.15mg, Eriodictyol: 2.15mg, Eriodictyol: 2.15mg Hesperetin: 7.13mg, Hesperetin: 7.13mg, Hesperetin: 7.13mg,

Hesperetin: 7.13mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 546.68kcal (27.33%), Fat: 23.74g (36.52%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 25.91g (9.42%), Sugar: 3.79g (4.21%), Cholesterol: 83.91mg (27.97%), Sodium: 1410.32mg (61.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.27g (102.54%), Vitamin D: 23.13µg (154.22%), Selenium: 88.42µg (126.32%), Vitamin B12: 6.8µg (113.4%), Vitamin B6: 1.3mg (64.85%), Phosphorus: 584.75mg (58.48%), Vitamin C: 41.35mg (50.13%), Potassium: 1665.85mg (47.6%), Vitamin E: 5.62mg (37.45%), Fiber: 9.28g (37.11%), Vitamin B5: 3.55mg (35.55%), Magnesium: 135.92mg (33.98%), Vitamin K: 32.32µg (30.78%), Folate: 114.05µg (28.51%), Vitamin B1: 0.25mg (16.46%), Copper: 0.33mg (16.29%), Vitamin A: 750.22IU (15%), Vitamin B3: 2.96mg (14.82%), Zinc: 1.98mg (13.23%), Calcium: 132.19mg (13.22%), Manganese: 0.26mg (13%), Vitamin B2: 0.18mg (10.54%), Iron: 1.68mg (9.35%)