



Ceviche



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



84 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 1 cup fish fillet white cut into small pieces
- ☐ 1 tablespoon pickled jalapeño chopped
- ☐ 0.3 cup juice of lime
- ☐ 2 tablespoons onion grated
- ☐ 1 cranberry-orange relish
- ☐ 2 tablespoons orange juice
- ☐ 4 servings salt and pepper to taste

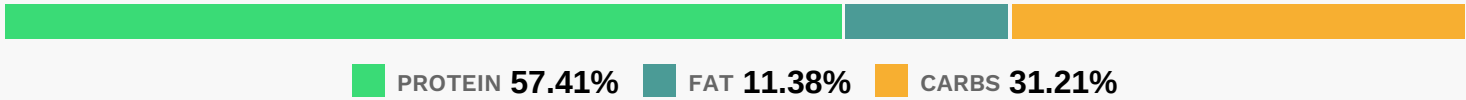
1 tablespoon jalapeno vinegar (the liquid from the jalapeno jar)

Equipment

Directions

Mix the fish, lime juice, orange juice, jalapenos, jalapeno vinegar, cilantro and orange and let marinate until the fish turns from translucent to opaque, about 10 minutes.Season with salt and pepper and enjoy!

Nutrition Facts



Properties

Glycemic Index:58.88, Glycemic Load:1.91, Inflammation Score:-4, Nutrition Score:8.3008696151816%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 11.3mg, Hesperetin: 11.3mg, Hesperetin: 11.3mg, Hesperetin: 11.3mg Naringenin: 5.26mg, Naringenin: 5.26mg, Naringenin: 5.26mg, Naringenin: 5.26mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 83.63kcal (4.18%), Fat: 1.09g (1.68%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 5.68g (2.07%), Sugar: 4.4g (4.89%), Cholesterol: 29.57mg (9.86%), Sodium: 225.42mg (9.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.4g (24.8%), Vitamin C: 31.08mg (37.68%), Selenium: 24.97µg (35.68%), Vitamin B12: 0.93µg (15.58%), Vitamin B3: 2.51mg (12.56%), Vitamin D: 1.83µg (12.22%), Phosphorus: 111.38mg (11.14%), Potassium: 290.36mg (8.3%), Folate: 30.17µg (7.54%), Vitamin B6: 0.15mg (7.33%), Magnesium: 22.55mg (5.64%), Vitamin B1: 0.07mg (4.54%), Fiber: 1.06g (4.24%), Vitamin B5: 0.42mg (4.24%), Copper: 0.07mg (3.57%), Vitamin B2: 0.06mg (3.5%), Vitamin E: 0.47mg (3.15%), Vitamin A: 152.27IU (3.05%), Calcium: 24.16mg (2.42%), Manganese: 0.05mg (2.38%), Iron: 0.42mg (2.34%), Vitamin K: 2.26µg (2.15%), Zinc: 0.25mg (1.67%)