

Ceviche Acapulqueño

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado diced
- 1 pound fish fillet boneless skinless cut into 3/4-inch chunks
- 2 tablespoons cilantro leaves fresh coarsely chopped
- 4 servings kosher salt
- 1 cup juice of lime freshly squeezed
- 20 manzanilla olives green pitted
- 4 tablespoons olive oil
- 0.5 cup onion minced

- 1 teaspoon oregano dried
- 2 roma tomatoes minced
- 4 servings saltines
- 2 serrano chiles fresh minced seeded
- 1 cup sacramento tomato juice

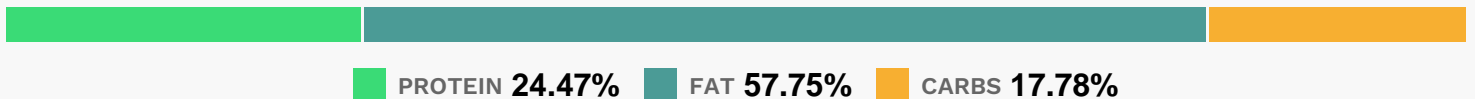
Equipment

- bowl
- plastic wrap

Directions

- Place the fish in a stainless-steel or other nonreactive bowl.
- Add the lime juice and gently stir to coat the fish. Cover the bowl with plastic wrap and refrigerate until the fish is opaque, about 3 hours.
- In a small bowl, stir together the tomato juice, olive oil, and oregano. Season to taste with salt, cover, and refrigerate.
- Just before serving, drain the fish and stir in the onion, tomatoes, chiles, olives, cilantro, and the tomato juice mixture. Taste for seasoning and add sugar and salt as needed.
- Add the avocado and toss gently.
- Serve with tortilla chips or crackers.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:1.84, Inflammation Score:-9, Nutrition Score:22.294347742329%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin:

5.43mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 395.93kcal (19.8%), Fat: 26.82g (41.27%), Saturated Fat: 4.16g (25.98%), Carbohydrates: 18.57g (6.19%), Net Carbohydrates: 12.93g (4.7%), Sugar: 5.46g (6.07%), Cholesterol: 56.7mg (18.9%), Sodium: 606.94mg (26.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.15%), Selenium: 48.47µg (69.24%), Vitamin C: 41.43mg (50.22%), Vitamin E: 4.92mg (32.81%), Vitamin B3: 6.31mg (31.57%), Vitamin B12: 1.79µg (29.91%), Vitamin K: 29.98µg (28.55%), Potassium: 928.38mg (26.53%), Phosphorus: 257.45mg (25.74%), Folate: 101.19µg (25.3%), Vitamin B6: 0.48mg (24.08%), Vitamin D: 3.52µg (23.44%), Fiber: 5.64g (22.55%), Magnesium: 67.08mg (16.77%), Vitamin B5: 1.56mg (15.59%), Vitamin A: 764.36IU (15.29%), Copper: 0.3mg (14.79%), Manganese: 0.28mg (14.25%), Vitamin B2: 0.2mg (11.61%), Vitamin B1: 0.17mg (11.49%), Iron: 1.91mg (10.62%), Zinc: 0.97mg (6.49%), Calcium: 59.29mg (5.93%)