



Ceviche Criollo with Leche de Tigre



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



105 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 inch celery
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 garlic cloves
- ☐ 1 inch length ginger fresh peeled sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.8 cup juice of lime fresh (5 limes)
- ☐ 1 cup thinly onion red vertically sliced
- ☐ 1 rocoto pepper

- ☐ 0.3 cup onion red chopped
- ☐ 25.3 ounces striped sea bass divided

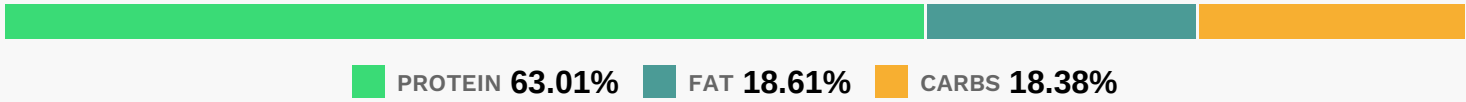
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Boil rocoto pepper 1 minute; drain. Repeat twice.
- ☐ Combine 1 1/4 ounces pepper flesh (reserve remaining pepper for another use) and 1 teaspoon pepper seeds, 1 1/4 ounces fish, 1/4 cup chopped red onion, juice, salt, garlic, celery, and ginger in a blender. Process until smooth. Chill rocoto mixture for 20 minutes.
- ☐ Combine chilled rocoto mixture, remaining 24 ounces sea bass, sliced red onion, and cilantro in a bowl; toss to combine.
- ☐ Serve in chilled bowls or glasses.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:9.6421740586343%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 104.75kcal (5.24%), Fat: 2.14g (3.3%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 4.16g (1.51%), Sugar: 1.48g (1.64%), Cholesterol: 71.58mg (23.86%), Sodium: 209.63mg (9.11%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.64%), Vitamin B12: 3.42µg (56.97%), Selenium: 32.93µg (47.04%), Phosphorus: 189.5mg (18.95%), Vitamin B6: 0.32mg (15.95%), Vitamin C: 8.98mg (10.88%), Magnesium: 41.01mg (10.25%), Vitamin B3: 1.96mg (9.79%), Potassium: 303.3mg (8.67%), Vitamin B5: 0.74mg (7.4%), Vitamin B1: 0.11mg (7.25%), Iron: 0.86mg (4.77%), Manganese: 0.08mg (4.09%), Folate: 15.6µg (3.9%), Zinc: 0.43mg (2.89%), Copper: 0.05mg (2.5%), Calcium: 24.92mg (2.49%), Fiber: 0.6g (2.39%), Vitamin B2: 0.04mg (2.29%), Vitamin A: 100.99IU (2.02%)