



Ceviche de Camaron: Shrimp Ceviche "Cocktail"

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup juice of lime fresh
- 0.5 medium onion white chopped
- 0.3 cup cilantro leaves fresh chopped for garnish
- 3 servings salt
- 0.5 cup catsup
- 1 tablespoons hot sauce sweet (such as Tamazula, Valentina or Búfalo, the latter being on the side)
- 1 small avocado pitted ripe cubed peeled

- 1 pound shrimp generous unpeeled (I prefer the ones that are)
- 1 slices lime for garnish
- 2 tablespoons olive oil extra-virgin (optional, but recommended to smooth out sharpness)
- 1 cup cucumber diced peeled (or)
- 3 servings saltines homemade store-bought for serving

Equipment

- bowl
- sieve

Directions

- Cooking and Marinating the Shrimp.
- Bring 1 quart salted water to a boil and add 2 tablespoons of the lime juice. Scoop in the shrimp, cover and let the water return to the boil. Immediately remove from the heat, set the lid askew and pour off all the liquid. Replace the cover and let the shrimp steam off the heat for 10 minutes.
- Spread out the shrimp in a large glass or stainless steel bowl to cool completely. Peel and devein the shrimp if you wish: One by one lay the shrimp on your work surface, make a shallow incision down the back and scrape out the (usually) dark intestinal tract. Toss the shrimp with the remaining 1/2 lime juice, cover and refrigerate for about an
- hour.
- The flavorings.
- In a small strainer, rinse the onion under cold water, then shake off the excess liquid.
- Add to the shrimp bowl along with the
- cilantro, ketchup, hot sauce, optional olive oil, cucumber and/or jícama and
- avocado. Taste and season with salt, usually about 1/2 teaspoon. Cover and
- refrigerate if not serving immediately.
- Serving the ceviche.
- Spoon the ceviche into sundae glasses, martini
- glasses, or small bowls: garnish with sprigs of cilantro and slices of lime.

- Serve with tostadas, tortilla chips or saltines to enjoy alongside.
- The ceviche is best made the day it is served. The flavorings can be added to the shrimp a few hours in advance.
- Mexico One Plate at a Time
- Scribner

Nutrition Facts

PROTEIN 31.75%

FAT 43.97%

CARBS 24.28%

Properties

Glycemic Index:48.67, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:16.557826210137%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 4.62mg, Hesperetin: 4.62mg, Hesperetin: 4.62mg, Hesperetin: 4.62mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 395.49kcal (19.77%), Fat: 20.4g (31.38%), Saturated Fat: 2.94g (18.39%), Carbohydrates: 25.35g (8.45%), Net Carbohydrates: 19.74g (7.18%), Sugar: 11.18g (12.42%), Cholesterol: 243.43mg (81.14%), Sodium: 887.44mg (38.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.14g (66.28%), Copper: 0.81mg (40.65%), Phosphorus: 393.89mg (39.39%), Vitamin C: 27.62mg (33.47%), Vitamin K: 30.79µg (29.32%), Potassium: 993.34mg (28.38%), Vitamin E: 3.51mg (23.4%), Fiber: 5.6g (22.42%), Magnesium: 89.44mg (22.36%), Folate: 77.16µg (19.29%), Zinc: 2.7mg (17.99%), Vitamin B6: 0.31mg (15.42%), Manganese: 0.28mg (14.17%), Calcium: 129.97mg (13%), Vitamin B5: 1.16mg (11.62%), Vitamin B2: 0.2mg (11.59%), Vitamin B3: 2.06mg (10.31%), Iron: 1.75mg (9.75%), Vitamin A: 483.65IU (9.67%), Vitamin B1: 0.11mg (7.07%), Selenium: 1.06µg (1.51%)