



Ceviche de Camaron (Shrimp Ceviche Cocktail)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



121 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cucumber peeled chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons hot sauce (such as Tamazula)
- ☐ 0.5 cup catsup
- ☐ 0.8 cup juice of lime fresh divided
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped

- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp
- ☐ 6 cups water

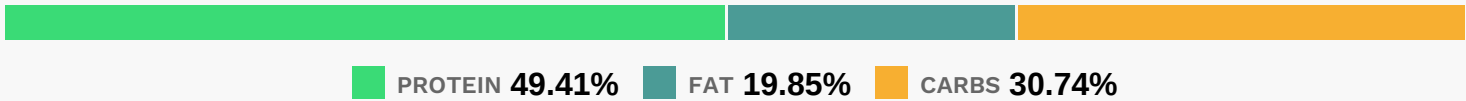
Equipment

- ☐ bowl
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Place chopped onion in a colander, and rinse with cold water.
- ☐ Drain.
- ☐ Bring 6 cups water and 1/4 cup juice to a boil in a Dutch oven.
- ☐ Add shrimp; cook 3 minutes or until done.
- ☐ Drain and rinse with cold water; peel shrimp.
- ☐ Combine shrimp and 1/2 cup juice in a large bowl; cover and chill 1 hour. Stir in onion, cucumber, and remaining ingredients.
- ☐ Serve immediately or chilled.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:5.6699999674507%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 121.32kcal (6.07%), Fat: 2.83g (4.35%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 9.26g (3.37%), Sugar: 5.7g (6.34%), Cholesterol: 121.71mg (40.57%), Sodium: 496.65mg (21.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.7%), Copper: 0.38mg (19.14%), Vitamin C: 15.07mg (18.27%), Phosphorus: 180.64mg (18.06%), Potassium: 351.7mg (10.05%), Magnesium: 38.29mg (9.57%), Zinc: 1.16mg (7.76%), Calcium: 69.91mg (6.99%), Vitamin K: 6.7µg (6.38%), Vitamin E: 0.73mg (4.88%), Manganese: 0.09mg (4.49%), Vitamin A: 200.95IU (4.02%), Vitamin B6: 0.08mg (3.93%), Iron: 0.62mg (3.43%), Vitamin B2: 0.05mg (3.05%), Folate: 11.27µg (2.82%), Fiber: 0.6g (2.4%), Vitamin B3: 0.37mg (1.87%), Vitamin B1: 0.02mg (1.66%), Vitamin B5: 0.13mg (1.26%)