



## Ceviche de Camarones (Colombian Shrimp Ceviche)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 pounds shrimp deveined peeled
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 cup catsup

- ☐ 0.5 teaspoon all the tabasco sauce you handle
- ☐ 1 tablespoon olive oil
- ☐ 1 serving salt and pepper to taste
- ☐ 1 leaves lettuce and saltine crackers for serving

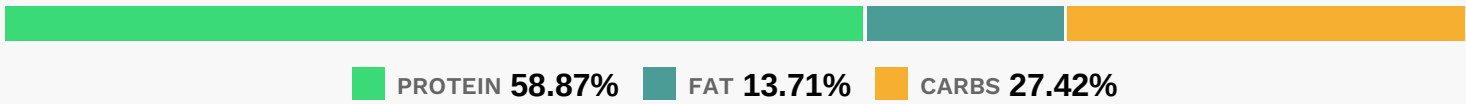
## Equipment

- ☐ bowl
- ☐ pot

## Directions

- ☐ In a medium pot, bring 4 cups of water to boil, turn off the heat, drop in the shrimp and cover. Leave the shrimp in the hot water for 1 minute.
- ☐ Drain off the water and place the shrimp in a plastic bowl.
- ☐ Add the ketchup, lime juice, onion, cilantro, parsley, Tabasco sauce, olive oil, garlic, salt and pepper to taste. Stir to combine all ingredients. Refrigerate and serve cold over lettuce leaves with saltine crackers.

## Nutrition Facts



## Properties

Glycemic Index:30.25, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:17.698261017385%

## 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 Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

## Nutrients (% of daily need)

Calories: 305.26kcal (15.26%), Fat: 4.85g (7.47%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 20.88g (7.59%), Sugar: 14.24g (15.82%), Cholesterol: 365.14mg (121.71%), Sodium: 884.83mg (38.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.9g (93.79%), Vitamin K: 133.46µg (127.1%), Phosphorus: 517.75mg (51.77%), Copper: 0.97mg (48.61%), Vitamin C: 24.14mg (29.26%), Potassium: 888.06mg (25.37%), Magnesium: 96.14mg (24.03%), Zinc: 3.3mg (22%), Vitamin A: 1090.96IU (21.82%), Calcium: 176.18mg (17.62%), Iron: 2.01mg (11.16%), Vitamin E: 1.56mg (10.41%), Manganese: 0.2mg (10.05%), Vitamin B6: 0.15mg (7.52%), Vitamin B2: 0.12mg (7.21%), Folate: 25.25µg (6.31%), Vitamin B3: 1.07mg (5.34%), Fiber: 0.97g (3.88%), Vitamin B1: 0.03mg (2.31%), Vitamin B5: 0.14mg (1.38%), Selenium: 0.71µg (1.01%)