



HEALTH SCORE

80%

Ceviche Perlita



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 firm-ripe avocado
- ☐ 1 serving mexican chile sauce such as cholula hot
- ☐ 1 serving coarse kosher salt to taste
- ☐ 0.5 cucumber peeled seeded cut into 1/4-in. cubes
- ☐ 3 oz feta cheese firm crumbled finely (Mexican cheese)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 cup grape tomatoes cut into 1/4-in. cubes
- ☐ 4 ounces olives green with water before using), finely chopped pitted

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons juice from a jar of pickled jalapeños sliced
- ☐ 0.8 pound sea bass fresh diced boneless skinless cut into 1/4-in. to 1/2-in.
- ☐ 1 serrano chile minced
- ☐ 1 serving tortilla chips thick
- ☐ 0.5 medium onion sweet white finely chopped

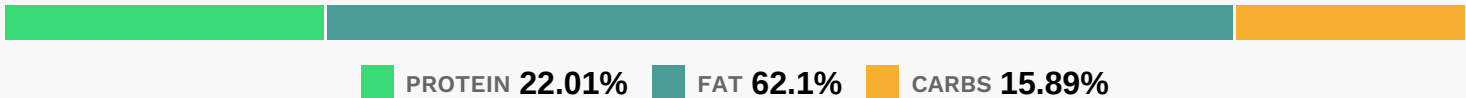
Equipment

- ☐ bowl
- ☐ colander

Directions

- ☐ In a medium bowl, combine fish and 2 tbsp. each of lime and lemon juice. Cover and refrigerate at least 3 hours and up to 6, stirring occasionally.
- ☐ Meanwhile, mix olive oil, oregano (rubbed between your palms first if the flecks are large), and pickled jalapeo juice in a large bowl.
- ☐ Drain fish in a colander, discarding juices, and add to olive-oil mixture. Toss to coat.
- ☐ Add pickled jalapeos, onion, tomatoes, cucumber, olives, cheese, serrano, and cilantro. Peel avocado, cut into 1/2-in. cubes, and toss gently with remaining 1 tbsp. lemon juice; add to bowl and toss ceviche gently and thoroughly. Season to taste with salt and remaining 1 tbsp. lime juice.
- ☐ Serve with tortilla chips and hot chile sauce.

Nutrition Facts



Properties

Glycemic Index:157, Glycemic Load:4.11, Inflammation Score:-10, Nutrition Score:67.840000401372%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 3.18mg, Eriodictyol: 3.18mg, Eriodictyol: 3.18mg, Eriodictyol: 3.18mg Hesperetin: 10.55mg, Hesperetin: 10.55mg, Hesperetin: 10.55mg, Hesperetin: 10.55mg Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 13.59mg, Quercetin: 13.59mg, Quercetin: 13.59mg, Quercetin: 13.59mg

Nutrients (% of daily need)

Calories: 1600.04kcal (80%), Fat: 113.82g (175.11%), Saturated Fat: 27.57g (172.29%), Carbohydrates: 65.5g (21.83%), Net Carbohydrates: 41.32g (15.03%), Sugar: 14.05g (15.61%), Cholesterol: 352.95mg (117.65%), Sodium: 3413.7mg (148.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 90.78g (181.57%), Vitamin B12: 14.04µg (234.03%), Selenium: 140.7µg (201%), Phosphorus: 1311.67mg (131.17%), Vitamin K: 106.95µg (101.86%), Vitamin B6: 2.03mg (101.72%), Vitamin E: 15.1mg (100.7%), Vitamin C: 80.15mg (97.15%), Fiber: 24.18g (96.72%), Calcium: 816.23mg (81.62%), Potassium: 2751.36mg (78.61%), Magnesium: 303.65mg (75.91%), Folate: 282.37µg (70.59%), Vitamin B5: 6.67mg (66.73%), Vitamin A: 3156IU (63.12%), Vitamin B3: 12.4mg (62.02%), Vitamin B1: 0.71mg (47.24%), Copper: 0.94mg (46.83%), Vitamin B2: 0.77mg (45.46%), Zinc: 6.38mg (42.52%), Iron: 7.61mg (42.26%), Manganese: 0.81mg (40.71%), Vitamin D: 0.43µg (2.83%)