Ceviche Self-Portrait

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
75 min.	6	244 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1 cucumber diced peeled seeded
- [ ] 4 juice of lime juiced
- [ ] 4 roma tomatoes diced seeded
- [ ] 6 servings salt and pepper to taste
- [ ] 4 serrano peppers minced seeded
- [ ] 1 pound shrimp deveined peeled
- [ ] 12 tostada shells
- [ ] 0.5 onion diced yellow finely

Equipment

- [ ] mixing bowl

Directions

- [ ] Dice shrimp and place in a mixing bowl. Squeeze lime juice over shrimp until they are completely covered, about 4 limes. Stir in the tomatoes, onion, cucumber, serrano peppers, and salt and pepper. Cover, and refrigerate 1 hour.
- [ ] When ready to serve, adjust seasoning with salt and pepper as needed.
- [ ] Serve on top of tostada shells with a splash of hot sauce, if desired.

Nutrition Facts

PROTEIN **28.53%** FAT **29.39%** CARBS **42.08%**

Properties

Glycemic Index:13.33, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:8.8326087619947%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 244.07kcal (12.2%), Fat: 8.3g (12.78%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 26.76g (8.92%), Net Carbohydrates: 23.61g (8.59%), Sugar: 2.66g (2.95%), Cholesterol: 121.71mg (40.57%), Sodium: 504.8mg (21.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.28%), Phosphorus: 256.25mg (25.62%), Copper: 0.42mg (20.93%), Vitamin C: 15.74mg (19.08%), Magnesium: 65.49mg (16.37%), Potassium: 492.77mg (14.08%), Manganese: 0.25mg (12.59%), Fiber: 3.14g (12.58%), Vitamin B6: 0.22mg (10.86%), Zinc: 1.62mg (10.78%), Vitamin B1: 0.16mg (10.58%), Calcium: 90.06mg (9.01%), Vitamin A: 427.97IU (8.56%), Vitamin K: 7.49µg (7.14%), Iron: 1.19mg (6.63%), Folate: 17.86µg (4.47%), Vitamin B3: 0.88mg (4.39%), Vitamin B2: 0.06mg (3.53%), Vitamin B5: 0.26mg (2.64%), Vitamin E: 0.31mg (2.08%), Selenium: 0.86µg (1.23%)