



WHATSheATE



## Ceviche (Shrimp and Grouper) with Serrano Chiles, Mango, Smoked Tomatoes, Crispy Plantain Chips



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup cilantro leaves fresh finely chopped for garnish
- ☐ 1 pint grape tomatoes
- ☐ 6 servings kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 6 servings kosher salt and pepper black freshly ground for seasoning

- ☐ 0.5 cup juice of lime fresh
- ☐ 6 servings lime zest for garnish
- ☐ 1 small mangos diced pitted ripe peeled halved finely
- ☐ 1 teaspoon mustard seeds
- ☐ 1 tablespoon olive oil extra-virgin plus more for serving
- ☐ 0.5 cup orange juice fresh
- ☐ 6 servings plantain chips crisp for garnish
- ☐ 1 small onion red halved thinly sliced
- ☐ 1.5 cups red wine vinegar
- ☐ 1 serrano chiles diced finely
- ☐ 12 large shrimp shelled deveined cooked halved
- ☐ 1 pound pink snapper fresh cut into small dice cut in half lengthwise, then
- ☐ 2 tablespoons sugar

## Equipment

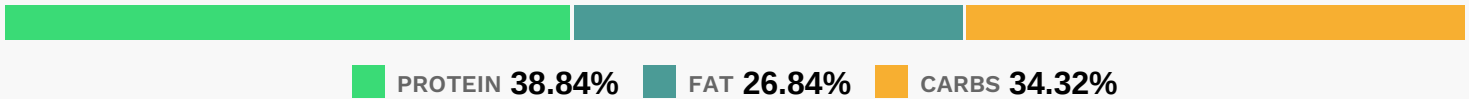
- ☐ bowl
- ☐ sauce pan
- ☐ ice cube tray

## Directions

- ☐ Watch how to make this recipe.
- ☐ Place the grouper and shrimp in a large bowl. Toss with the lime and orange juice and let stand for 30 minutes. Strain the grouper and shrimp and place in a separate bowl.
- ☐ Add the Cold-Smoked Grape Tomatoes, cilantro, onions, chiles, mango, salt and pepper and toss gently to combine.
- ☐ Drizzle with the olive oil and toss.
- ☐ Place the ceviche on a serving platter or on individual plates.
- ☐ Drizzle with a bit more olive oil.
- ☐ Garnish with Pickled Red Onions, lime zest and plantain chips.

- ☐ Put a handful of hot coals in the bottom of a smoker. Scatter the hickory chips over the top. Put a try of ice on the bottom grate.
- ☐ Put the cooking grate above the ice tray. When the temperature of the smoker reaches 100 degrees F, toss the tomatoes with the canola oil and sprinkle with salt and pepper.
- ☐ Place the tomatoes on the top grate. Close the smoker and smoke the tomatoes for 10 to 20 minutes, depending on how smoky you want them.
- ☐ Bring the vinegar, sugar, mustard seeds and 1 tablespoon salt to a boil in a small saucepan and cook until the sugar and salt dissolves, about 1 minute.
- ☐ Transfer to a small bowl and let cool for 10 minutes.
- ☐ Add the onions and stir to combine. Cover and refrigerate for at least 1 hour and up to 24 hours.

## Nutrition Facts



## Properties

Glycemic Index:71.86, Glycemic Load:7.68, Inflammation Score:-8, Nutrition Score:17.547826020614%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg

## Nutrients (% of daily need)

Calories: 223.59kcal (11.18%), Fat: 6.5g (10.01%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 16.54g (6.02%), Sugar: 13.74g (15.27%), Cholesterol: 60.17mg (20.06%), Sodium: 281.9mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.18g (42.35%), Vitamin C: 43.63mg (52.88%), Vitamin D: 7.71µg (51.41%), Selenium: 30.31µg (43.3%), Vitamin B12: 2.27µg (37.8%), Vitamin A: 1218.24IU (24.36%), Phosphorus: 238.8mg (23.88%), Vitamin B6: 0.46mg (22.77%), Potassium: 746.24mg (21.32%), Vitamin E: 2.32mg (15.44%),

Magnesium: 54.26mg (13.56%), Vitamin K: 13.58µg (12.94%), Manganese: 0.23mg (11.56%), Copper: 0.22mg (11.1%), Folate: 43.93µg (10.98%), Fiber: 2.17g (8.69%), Vitamin B5: 0.81mg (8.12%), Vitamin B1: 0.11mg (7.46%), Calcium: 64.95mg (6.49%), Vitamin B3: 1.12mg (5.6%), Iron: 1mg (5.54%), Zinc: 0.82mg (5.5%), Vitamin B2: 0.05mg (2.9%)