



Ceviche with Crispy Plantains



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small bunch cilantro leaves fresh chopped
- ☐ 1 jalapeno seeded chopped
- ☐ 1 juice of lemon juiced
- ☐ 2 juice of lime juiced
- ☐ 1 juice of orange juiced
- ☐ 2 tablespoons olive oil
- ☐ 2 plantains shredded green peeled
- ☐ 1 poblano pepper fresh seeded chopped

- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 small onion red chopped
- ☐ 1 pound chilean sea bass fillets cut into 1/2-inch pieces
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 0.5 pound if halved quartered

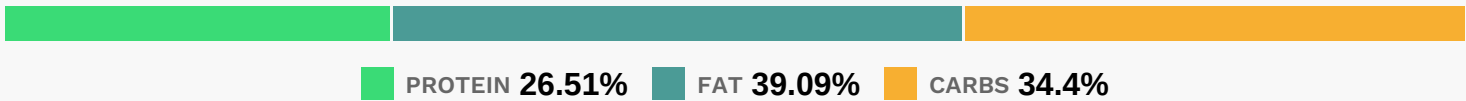
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a large bowl, combine the seafood with all ingredients except for the olive oil and the plantains. Gently stir to combine and coat the seafood with the juices. Cover and refrigerate for at least 6 hours.
- ☐ In a large saute pan over medium heat, add 2 tablespoons olive oil and drop 1 1/2 tablespoon portions of shredded plantains into the oil. Cook each portion until golden brown, turning once. Using a fork, remove the plantains from the oil to paper towels.
- ☐ Serve a chilled portion of the ceviche with some crispy plantains on top.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:1.73, Inflammation Score:-8, Nutrition Score:16.821304300557%

Flavonoids

Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 4.22mg, Hesperetin: 4.22mg, Hesperetin: 4.22mg, Hesperetin: 4.22mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 500.96kcal (25.05%), Fat: 21.9g (33.69%), Saturated Fat: 4.36g (27.26%), Carbohydrates: 43.36g (14.45%), Net Carbohydrates: 39.76g (14.46%), Sugar: 6.58g (7.31%), Cholesterol: 154.79mg (51.6%), Sodium: 351.51mg (15.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.41g (66.81%), Vitamin C: 87.47mg (106.02%), Phosphorus: 364.34mg (36.43%), Potassium: 857.62mg (24.5%), Vitamin A: 1132.91IU (22.66%), Magnesium: 81.32mg (20.33%), Copper: 0.39mg (19.5%), Folate: 60.58µg (15.15%), Vitamin B6: 0.29mg (14.53%), Fiber: 3.6g (14.4%), Vitamin K: 14.39µg (13.71%), Vitamin B12: 0.8µg (13.32%), Manganese: 0.24mg (11.81%), Vitamin E: 1.64mg (10.96%), Zinc: 1.61mg (10.71%), Selenium: 7.48µg (10.69%), Vitamin B1: 0.15mg (10.33%), Iron: 1.55mg (8.63%), Vitamin B2: 0.14mg (8.42%), Vitamin B5: 0.8mg (7.98%), Vitamin B3: 1.4mg (7.02%), Calcium: 58.11mg (5.81%)