



WHATSheATE



Corvina Traditional



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons ají mirasol paste (see Note)
- ☐ 0.3 cup celery diced finely
- ☐ 0.3 cup cilantro leaves whole
- ☐ 1 pound filets skinless cut into 1/2-inch dice
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup pepperoncini pepper juice fresh
- ☐ 0.5 cup juice of lime freshly squeezed
- ☐ 0.8 cup maple syrup pure

- ☐ 3 tablespoons onion diced red finely
- ☐ 1 tablespoon salt
- ☐ 0.3 pound sweet potatoes and into peeled cut into 1/4-inch dice

Equipment


- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To make the candied sweet potatoes, put the sweet potatoes, syrup, and 3/4 cup water in a small saucepan and bring to a boil over medium-high heat. Reduce the heat to maintain a gentle simmer and cook until the potatoes are soft but still hold their shape, about 15 minutes.
- ☐ Drain the potatoes, reserving the syrup, and let cool. Once the potatoes are at room temperature, put them back in the cooled syrup to store in the refrigerator until ready to use.
- ☐ Drain the potatoes well before using. You should have about 2 cups.
- ☐ In a nonreactive bowl, whisk together the marinade ingredients until well combined.
- ☐ Add the corvina and toss to combine.
- ☐ Add the celery, red onion, and chopped cilantro and mix well.
- ☐ Transfer the ceviche to individual glasses or a large shallow bowl.
- ☐ Place about 1 cup of the candied sweet potatoes on the sides of the glasses or bowl and top with the cilantro leaves.
- ☐ Serve immediately.
- ☐ Aji amarillo: Spicy Peruvian yellow pepper. Most commonly found as a jarred paste in South American markets.
- ☐ From The Great Ceviche Book, Revised by Douglas Rodriguez with Laura Zimmerman.
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Nutrition Facts



 **PROTEIN 27.36%**  **FAT 2.48%**  **CARBS 70.16%**

Properties

Glycemic Index:43.04, Glycemic Load:12.99, Inflammation Score:-9, Nutrition Score:14.552174018777%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 206.65kcal (10.33%), Fat: 0.57g (0.87%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 35.12g (12.77%), Sugar: 26.93g (29.92%), Cholesterol: 32.51mg (10.84%), Sodium: 1226.16mg (53.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.1g (28.2%), Vitamin A: 3696.29IU (73.93%), Manganese: 1.03mg (51.54%), Selenium: 25.28µg (36.11%), Vitamin B2: 0.59mg (34.52%), Phosphorus: 172.6mg (17.26%), Potassium: 550.9mg (15.74%), Vitamin B6: 0.26mg (13.02%), Vitamin B12: 0.69µg (11.47%), Magnesium: 42.49mg (10.62%), Vitamin C: 8.5mg (10.31%), Vitamin B3: 1.82mg (9.12%), Vitamin B1: 0.12mg (7.74%), Calcium: 71.65mg (7.16%), Zinc: 0.74mg (4.93%), Vitamin D: 0.68µg (4.54%), Vitamin K: 4.61µg (4.39%), Vitamin E: 0.63mg (4.22%), Fiber: 1.04g (4.17%), Copper: 0.07mg (3.72%), Vitamin B5: 0.37mg (3.69%), Folate: 13.25µg (3.31%), Iron: 0.57mg (3.19%)