



## Crab Ceviche

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 bunch cilantro leaves chopped
- 8 ounce imitation crabmeat flaked
- 2 juice of lime juiced
- 1 tablespoon olive oil
- 1 onion red finely chopped
- 8 servings salt and pepper to taste
- 3 serrano peppers finely chopped
- 2 large tomatoes chopped

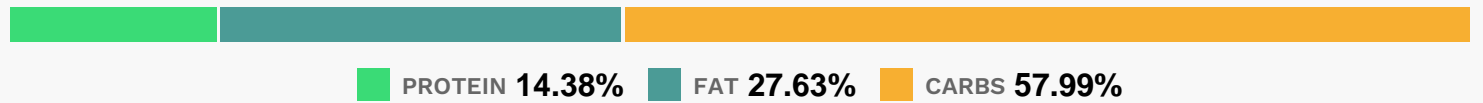
# Equipment

bowl

# Directions

Place the shredded imitation crab into a glass or porcelain bowl. Plastic or metal are not recommended. Stir olive oil into the crabmeat until well coated, then stir in the cilantro, onion, tomato and serrano peppers. Squeeze the lime juice over everything, and mix well. Season with plenty of salt and pepper. Refrigerate for about 1 hour before serving.

# Nutrition Facts



# Properties

Glycemic Index:12.13, Glycemic Load:0.75, Inflammation Score:-4, Nutrition Score:2.7939130482466%

# Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

# Nutrients (% of daily need)

Calories: 59.94kcal (3%), Fat: 1.87g (2.88%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 7.63g (2.77%), Sugar: 2.93g (3.26%), Cholesterol: 3.12mg (1.04%), Sodium: 356.58mg (15.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin C: 10.65mg (12.9%), Vitamin A: 437.86IU (8.76%), Vitamin K: 6.56µg (6.25%), Fiber: 1.22g (4.88%), Potassium: 146.21mg (4.18%), Manganese: 0.08mg (3.89%), Vitamin E: 0.55mg (3.63%), Vitamin B6: 0.07mg (3.39%), Folate: 11.02µg (2.75%), Copper: 0.04mg (1.92%), Magnesium: 7.61mg (1.9%), Vitamin B1: 0.03mg (1.77%), Phosphorus: 17.1mg (1.71%), Vitamin B3: 0.34mg (1.69%), Iron: 0.2mg (1.1%)