




 **38%**
HEALTH SCORE

Fresh and Simple Swai Ceviche


 **Gluten Free**  **Dairy Free**

READY IN




45 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 1 avocado diced
- 0.3 teaspoon ginger/garlic paste
- 1 Tb cilantro leaves chopped
- 1 lb filets diced
- 2 juice of lime juiced
- 4 servings olive oil
- 4 servings salt and pepper
- 1 cup onion diced red (or)

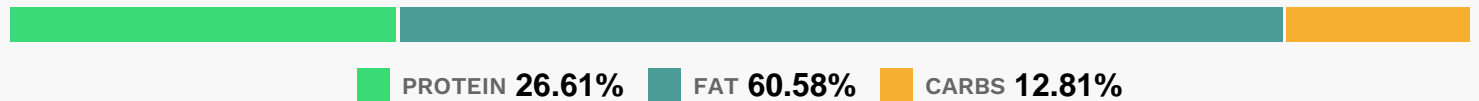
1 medium tomatoes seeded finely chopped

Equipment

Directions

- Place the diced fish into of the lime juice and refrigerate for at least 3 hours. Strain when ready to proceed.
- Mix the veggies with the remaining lime juice.Stir in the fish and cilantro.
- Drizzle with olive oil and add the chile-garlic sauce. Gently toss.Salt and pepper to taste.
- Serve with tortilla chips or a salad.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:1.54, Inflammation Score:-7, Nutrition Score:15.68652173913%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

Taste

Sweetness: 28.26%, Saltiness: 9.95%, Sourness: 27.76%, Bitterness: 7.06%, Savoriness: 6.47%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 322.92kcal (16.15%), Fat: 22.26g (34.25%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 6.1g (2.22%), Sugar: 3.09g (3.44%), Cholesterol: 48.76mg (16.25%), Sodium: 262.36mg (11.41%),

Protein: 22g (43.99%), Selenium: 38µg (54.28%), Phosphorus: 277.93mg (27.79%), Vitamin E: 3.99mg (26.61%), Potassium: 862.83mg (24.65%), Vitamin B6: 0.49mg (24.46%), Vitamin C: 17.96mg (21.77%), Vitamin K: 22.09µg (21.04%), Fiber: 4.49g (17.94%), Vitamin B3: 3.47mg (17.34%), Vitamin B12: 1.03µg (17.2%), Folate: 62.42µg (15.61%), Magnesium: 59.55mg (14.89%), Vitamin B1: 0.15mg (10.27%), Vitamin B5: 0.97mg (9.69%), Vitamin B2: 0.16mg (9.32%), Manganese: 0.18mg (9.19%), Copper: 0.17mg (8.32%), Vitamin A: 389.95IU (7.8%), Vitamin D: 1.02µg (6.8%), Zinc: 0.97mg (6.46%), Iron: 0.97mg (5.42%), Calcium: 39.44mg (3.94%)