



Grouper Ceviche with Jicama and Avocado Slaw



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced pitted peeled
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 2 tablespoons cilantro leaves coarsely chopped
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 cup grapefruit juice freshly squeezed
- ☐ 0.3 teaspoon freshly and ground cumin toasted
- ☐ 12 ounces grouper fillets skinless

- ☐ 1 jalapeño minced
- ☐ 1 cup jicama peeled sliced into matchstick size pieces
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and ground pepper black
- ☐ 0.5 cup fresh-squeezed lime juice
- ☐ 0.5 small onion red thinly sliced
- ☐ 2 tablespoons onion red minced

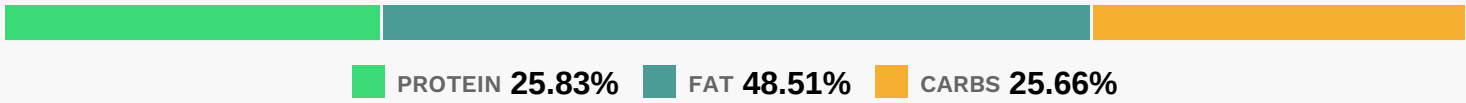
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ First, thinly slice the fillets and then cut them into 3/4-inch bite-sized squares. Keep them very cold while you prepare the rest of the recipe.
- ☐ Combine the ingredients for the marinade in a bowl. Set that bowl inside a larger one, filled with ice. Now prepare the salad.
- ☐ In a small bowl, whisk together the olive oil, onion, cilantro, cumin, and salt and pepper. Then, in a larger chilled bowl, toss the vinaigrette with the avocado and jicama. Set aside.
- ☐ Gently mix the grouper and the marinade/dressing and let stand for about 10 minutes. Into 4 chilled bowls, spoon the ceviche with its liquid.
- ☐ Serve the salad, family-style, and encourage the guests to top their ceviche with salad.
- ☐ If you can get Cancha (Latin American corn nuts) and toast, they make a fantastic and authentic addition to this dish. I sometimes like to drizzle coconut milk onto the citrus juices. Or, I season the dish with tiny dots of soy sauce and sesame oil.

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:4.12, Inflammation Score:-6, Nutrition Score:14.454782651818%

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: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 276.9kcal (13.85%), Fat: 15.43g (23.74%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 12.76g (4.64%), Sugar: 8.86g (9.85%), Cholesterol: 31.47mg (10.49%), Sodium: 246.88mg (10.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.48g (36.96%), Vitamin C: 42.19mg (51.14%), Selenium: 31.62µg (45.18%), Potassium: 876.03mg (25.03%), Fiber: 5.61g (22.42%), Vitamin B6: 0.45mg (22.4%), Phosphorus: 187.8mg (18.78%), Vitamin K: 17.18µg (16.36%), Vitamin E: 2.41mg (16.06%), Folate: 61.25µg (15.31%), Vitamin B5: 1.51mg (15.14%), Magnesium: 56.3mg (14.07%), Iron: 1.68mg (9.33%), Vitamin B12: 0.51µg (8.5%), Vitamin B1: 0.12mg (7.9%), Manganese: 0.15mg (7.75%), Vitamin B3: 1.5mg (7.52%), Copper: 0.15mg (7.43%), Zinc: 0.91mg (6.08%), Vitamin A: 288.3IU (5.77%), Vitamin B2: 0.09mg (5.43%), Calcium: 48.65mg (4.86%)