



Halibut Ceviche

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



260 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon chili flakes
- 1 tablespoon garlic chives fresh minced
- 1 pint daikon radish sprouts
- 1 tablespoon cilantro leaves fresh minced
- 1 tablespoon mint leaves fresh minced
- 1 pound halibut fillet diced
- 1 juice of lime juiced
- 1 lime zest juiced

- 4 tablespoons olive oil extra-virgin
- 1 large onion diced red
- 1 tablespoon rice vinegar
- 2 tablespoons rice vinegar
- 4 servings salt and pepper black freshly ground
- 1 bell pepper diced yellow seeds removed and small

Equipment

- bowl
- whisk

Directions

- In a non reactive bowl, stir halibut with onion, lime juice and vinegar to coat. Cover and refrigerate for 4 to 6 hours.
- Discard halibut marinade and in a clean bowl combine halibut and bell pepper.
- For dressing combine lime juice and rice vinegar and while whisking, add olive oil in a slow stream.
- Add lime zest, chives, cilantro, mint and chili flakes. Fold in halibut and bell pepper mixture and season, to taste, with salt and pepper. Spoon into martini glasses and top with radish sprouts.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:1, Inflammation Score:-9, Nutrition Score:26.785217181496%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 8mg, Hesperetin: 8mg, Hesperetin: 8mg, Hesperetin: 8mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg

Isorhamnetin: 1.43mg Kaempferol: 26.1mg, Kaempferol: 26.1mg, Kaempferol: 26.1mg, Kaempferol: 26.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 308.7kcal (15.43%), Fat: 18.72g (28.8%), Saturated Fat: 3.21g (20.08%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 10.08g (3.67%), Sugar: 1.63g (1.81%), Cholesterol: 55.57mg (18.52%), Sodium: 95.58mg (4.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.5g (53%), Vitamin C: 98.8mg (119.76%), Selenium: 52.9µg (75.56%), Vitamin B3: 11.18mg (55.92%), Vitamin B6: 1.07mg (53.26%), Phosphorus: 424.01mg (42.4%), Folate: 143.47µg (35.87%), Vitamin D: 5.33µg (35.53%), Magnesium: 88.43mg (22.11%), Manganese: 0.44mg (21.94%), Potassium: 745.41mg (21.3%), Vitamin B12: 1.25µg (20.79%), Vitamin E: 2.96mg (19.75%), Vitamin A: 851.97IU (17.04%), Vitamin B5: 1.4mg (13.98%), Vitamin B1: 0.21mg (13.88%), Copper: 0.24mg (11.8%), Vitamin B2: 0.18mg (10.85%), Vitamin K: 11.28µg (10.75%), Iron: 1.76mg (9.76%), Calcium: 91.19mg (9.12%), Zinc: 1.23mg (8.23%), Fiber: 1.56g (6.22%)