



## Halibut Ceviche Salad

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

READY IN



**215 min.**

SERVINGS



**4**

CALORIES



**494 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 teaspoon agave nectar
- 1 large avocado peeled seeded cut into 1/2-inch cubes
- 0.1 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 16 servings to- corn tortillas
- 2 tablespoons flat-leaf parsley fresh chopped
- 3 green onions finely sliced
- 10 ounce halibut fillet cut into 1/2-inch cubes

- 1 small jalapeño diced finely
- 0.1 teaspoon kosher salt
- 0.3 teaspoon kosher salt
- 1 teaspoon kosher salt
- 0.5 cup juice of lemon fresh (from 2 large lemons)
- 1 lemon zest
- 0.3 cup juice of lime fresh (from 3 to 4 large limes)
- 2 tablespoons juice of lime fresh (from 2 large limes)
- 2 tablespoons olive oil extra-virgin
- 2 teaspoons olive oil extra-virgin
- 3 tomatoes seeded chopped

## Equipment

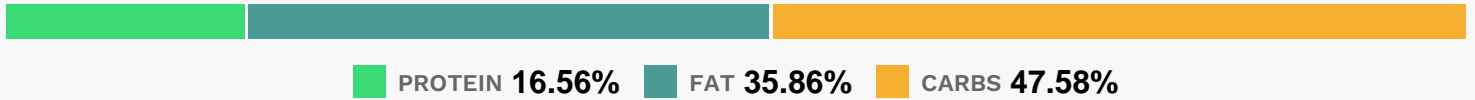
- bowl
- baking sheet
- oven
- baking pan
- pastry brush

## Directions

- Watch how to make this recipe.
- Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Spray a small baking sheet with vegetable oil cooking spray. Set aside.
- Using a pastry brush, brush the tortillas on both sides with the olive oil and sprinkle with the salt.
- Cut each tortilla into 8 triangles and arrange in a single layer on the prepared baking sheet.
- Bake until golden and crispy, about 15 minutes.
- For the ceviche: In an 8-by-8-inch glass or ceramic baking dish, mix together the halibut, lemon juice, lime juice, lemon zest, salt and pepper. Cover the dish and refrigerate for 3 hours, stirring halfway through the refrigeration time to distribute the marinade.

- For the salad: In a medium bowl, mix together the olive oil, lime juice, agave, salt and pepper until smooth.
- Add the green onions, tomatoes, avocado, jalapeno and parsley. Toss until coated.
- To assemble: Divide the salad and spoon into 4 large martini glasses or 4 small salad bowls.
- Drain the ceviche and spoon on top of the salad.
- Garnish with tortilla chips before serving.

## Nutrition Facts



## Properties

Glycemic Index:88.38, Glycemic Load:21.95, Inflammation Score:-9, Nutrition Score:28.96869580642%

## 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: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 6.44mg, Hesperetin: 6.44mg, Hesperetin: 6.44mg, Hesperetin: 6.44mg Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

## Nutrients (% of daily need)

Calories: 494kcal (24.7%), Fat: 20.64g (31.75%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 61.63g (20.54%), Net Carbohydrates: 49.78g (18.1%), Sugar: 6.96g (7.73%), Cholesterol: 34.73mg (11.58%), Sodium: 906.36mg (39.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.88%), Vitamin K: 76.55µg (72.9%), Vitamin C: 47.12mg (57.11%), Selenium: 39.06µg (55.8%), Phosphorus: 553.8mg (55.38%), Fiber: 11.85g (47.4%), Vitamin B6: 0.87mg (43.65%), Vitamin B3: 7.8mg (39.01%), Magnesium: 123.67mg (30.92%), Potassium: 1073.48mg (30.67%), Manganese: 0.59mg (29.71%), Vitamin E: 3.87mg (25.83%), Vitamin A: 1202.91IU (24.06%), Vitamin D: 3.33µg (22.21%), Folate: 87.35µg (21.84%), Copper: 0.36mg (17.79%), Vitamin B1: 0.23mg (15.09%), Zinc: 2.2mg (14.67%), Vitamin B12: 0.78µg (12.99%), Iron: 2.33mg (12.95%), Vitamin B5: 1.24mg (12.39%), Calcium: 123.12mg (12.31%), Vitamin B2: 0.2mg (11.6%)