



Halibut-Mango Ceviche



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 pound halibut cut into small pieces
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.8 cup juice of lime fresh
- ☐ 1 mangos diced seeded
- ☐ 0.5 cup onion diced white red finely

- ☐ 1 teaspoon salt
- ☐ 1 serrano chiles minced seeded
- ☐ 2 tomatoes diced seeded

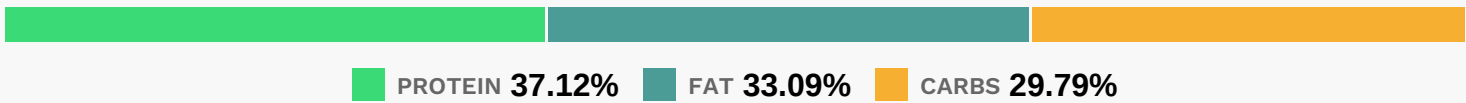
Equipment

- ☐ bowl

Directions

- ☐ Combine first 4 ingredients in a large glass bowl, pressing fish down so that it is submerged in liquid. Cover and chill 3 to 4 hours, stirring occasionally, until fish is opaque in center.
- ☐ Drain.
- ☐ Combine jicama, if desired, tomatoes, and remaining ingredients in a large bowl. Stir in halibut and onion.
- ☐ Serve with chips or tostadas.

Nutrition Facts



Properties

Glycemic Index:7.69, Glycemic Load:0.62, Inflammation Score:-2, Nutrition Score:2.7639130379843%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 31.25kcal (1.56%), Fat: 1.2g (1.84%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 2.12g (0.77%), Sugar: 1.49g (1.65%), Cholesterol: 7.41mg (2.47%), Sodium: 88.67mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Selenium: 6.96µg (9.95%), Vitamin C: 7.36mg (8.92%),

Vitamin B3: 1.1mg (5.5%), Vitamin B6: 0.11mg (5.32%), Vitamin D: 0.71µg (4.74%), Phosphorus: 40.75mg (4.08%),
Vitamin A: 170.38IU (3.41%), Potassium: 113.74mg (3.25%), Vitamin B12: 0.17µg (2.77%), Vitamin E: 0.36mg (2.39%),
Vitamin K: 2.15µg (2.05%), Folate: 8.1µg (2.02%), Magnesium: 6.18mg (1.55%), Fiber: 0.31g (1.23%), Manganese:
0.02mg (1.19%), Vitamin B1: 0.02mg (1.1%), Copper: 0.02mg (1.01%)