



HEALTH SCORE

83%

Hot and Spicy Cholula Sea Bass Ceviche with Roasted Peppers, Grilled Masa Cakes, Roasted Corn, and Citrus Marinade



Gluten Free



Dairy Free



Very Healthy

READY IN



44 min.

SERVINGS



4

CALORIES



787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chiffonade cilantro leaves
- ☐ 2 ears corn
- ☐ 4 eggs
- ☐ 4 jalapeño chiles peeled seeded chopped
- ☐ 1 cup juice of lemon
- ☐ 1 cup juice of lime

- ☐ 4 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 1 cup orange juice
- ☐ 4 servings pepper sauce hot recommended: Cholula
- ☐ 2 bell peppers red peeled seeded chopped
- ☐ 1 onion red
- ☐ 4 servings salt and pepper
- ☐ 24 ounces sea bass julienned
- ☐ 4 servings water
- ☐ 2 bell peppers yellow peeled seeded chopped

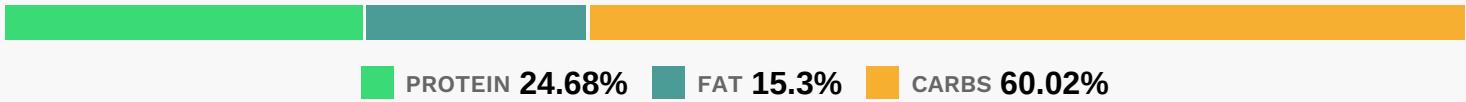
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a large bowl, combine the sea bass, lime juice, lemon juice, orange juice, and onion.
- ☐ Mix all of these ingredients together and let marinate for 4 hours, covered, in the refrigerator.
- ☐ Preheat a grill.
- ☐ Once the fish has marinated, add the cilantro, roasted peppers, corn, and season with salt and pepper.
- ☐ To make the masa cakes, combine the masa flour, eggs, and add a tablespoon of water at a time and form a paste. Make sure the paste is firm and not too watery. Form small pancake shapes and grill on each side for approximately 2 minutes.
- ☐ To serve, place the masa cakes on the plate and top with the sea bass ceviche.
- ☐ Drizzle the top with the hot pepper sauce for added heat.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:4.78, Inflammation Score:-10, Nutrition Score:56.055217701456%

Flavonoids

Eriodictyol: 4.41mg, Eriodictyol: 4.41mg, Eriodictyol: 4.41mg, Eriodictyol: 4.41mg Hesperetin: 21.66mg, Hesperetin: 21.66mg, Hesperetin: 21.66mg, Hesperetin: 21.66mg Naringenin: 2.4mg, Naringenin: 2.4mg, Naringenin: 2.4mg, Naringenin: 2.4mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg

Nutrients (% of daily need)

Calories: 786.69kcal (39.33%), Fat: 13.87g (21.34%), Saturated Fat: 3.12g (19.47%), Carbohydrates: 122.43g (40.81%), Net Carbohydrates: 110.93g (40.34%), Sugar: 15.03g (16.69%), Cholesterol: 299.76mg (99.92%), Sodium: 409.93mg (17.82%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 50.35g (100.71%), Vitamin C: 280.95mg (340.55%), Vitamin B1: 2.09mg (139.62%), Selenium: 92.47µg (132.11%), Vitamin B12: 6.89µg (114.82%), Folate: 384.33µg (96.08%), Vitamin B3: 17.48mg (87.41%), Vitamin B6: 1.62mg (80.76%), Vitamin B2: 1.32mg (77.68%), Phosphorus: 775.11mg (77.51%), Iron: 11.89mg (66.08%), Vitamin A: 3280.2IU (65.6%), Magnesium: 233.85mg (58.46%), Fiber: 11.5g (46.01%), Potassium: 1522.68mg (43.51%), Manganese: 0.85mg (42.53%), Vitamin B5: 3.15mg (31.53%), Zinc: 3.98mg (26.52%), Calcium: 253.67mg (25.37%), Copper: 0.51mg (25.26%), Vitamin K: 18.71µg (17.82%), Vitamin E: 2.29mg (15.27%), Vitamin D: 0.88µg (5.87%)