



## Italian-Inspired Ceviche

 **Gluten Free**  **Dairy Free**

READY IN



**270 min.**

SERVINGS



**6**

CALORIES



**388 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 servings tortilla chips for serving
- 1 cup cucumber diced seeds removed
- 0.3 cup flat-leaf parsley italian chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 habanero chile diced finely
- 0.8 cup juice of lemon
- 0.7 cup juice of lime
- 50 littleneck clams scrubbed

- 0.3 cup olive oil extra-virgin
- 25 point oysters blue cleaned
- 1 cup onion diced red
- 6 servings salt and pepper black freshly ground
- 2 pounds shrimp deveined peeled
- 0.3 cup tomatoes diced seeds removed

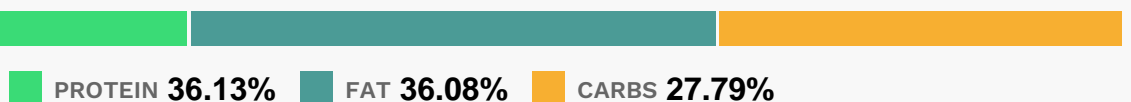
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat the oven to 350 degrees F.
- Scatter the clams and oysters on a baking sheet and roast in the oven just until they begin to open up, 5 to 7 minutes. This will make the shucking process easier.
- In a large bowl, combine the lemon juice and lime juice. Stir to combine.
- Shuck the oysters and clams, with their natural juices, into the bowl. Chop the shrimp and add to the bowl. Stir gently to combine the seafood with the citrus juice. Cover and allow to sit for 2 hours in the refrigerator.
- Add the cucumbers, red onions, cilantro, parsley, tomatoes and chile to the seafood and mix well.
- Add the olive oil and salt and pepper to taste.
- Mix again and allow to sit in the refrigerator for an additional 1 1/2 hours before serving.
- Serve chilled, with corn tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:41.33, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:18.549130336098%

## Flavonoids

Eriodictyol: 2.08mg, Eriodictyol: 2.08mg, Eriodictyol: 2.08mg, Eriodictyol: 2.08mg Hesperetin: 6.83mg, Hesperetin: 6.83mg, Hesperetin: 6.83mg, Hesperetin: 6.83mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

## Nutrients (% of daily need)

Calories: 388.46kcal (19.42%), Fat: 16.04g (24.68%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 25.22g (9.17%), Sugar: 3.2g (3.56%), Cholesterol: 251.01mg (83.67%), Sodium: 291.81mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.14g (72.28%), Vitamin K: 71.54µg (68.13%), Phosphorus: 450.19mg (45.02%), Copper: 0.85mg (42.34%), Vitamin B12: 2.49µg (41.47%), Vitamin C: 30.47mg (36.94%), Zinc: 4.97mg (33.13%), Magnesium: 93.26mg (23.31%), Potassium: 643.82mg (18.39%), Vitamin E: 2.66mg (17.75%), Calcium: 158.13mg (15.81%), Iron: 2.23mg (12.41%), Selenium: 7.97µg (11.39%), Fiber: 2.58g (10.32%), Vitamin A: 496.59IU (9.93%), Manganese: 0.17mg (8.66%), Folate: 28.55µg (7.14%), Vitamin B6: 0.14mg (6.96%), Vitamin B5: 0.56mg (5.58%), Vitamin B1: 0.08mg (5.54%), Vitamin B2: 0.06mg (3.57%), Vitamin B3: 0.57mg (2.84%)