



Juicy and Spicy Ceviche

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado diced pitted peeled
- 1.5 teaspoons cayenne pepper
- 0.5 teaspoon chili powder
- 1 bunch cilantro leaves chopped
- 0.5 teaspoon ground cumin
- 1 cup juice of lime
- 1 tablespoon pepper sauce hot redhot® (such as Frank's)
- 1 small onion diced red

- 2 roma tomatoes diced (plum)
- 1 teaspoon salt
- 2 tablespoons tomato paste
- 2 tablespoons worcestershire sauce
- 1.5 pounds seafood mix cooked (such as octopus, squid, shrimp, and surimi)

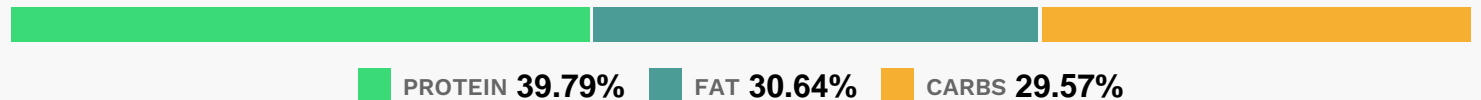
Equipment

- bowl
- whisk

Directions

- Stir the seafood mix and lime juice together in a large, non-metallic bowl; let stand 10 minutes. Fold in the diced tomatoes and onion; cover, and refrigerate 30 minutes.
- Whisk together the Worcestershire sauce, hot pepper sauce, tomato paste, cayenne pepper, cumin, chili powder, and salt in a small bowl. Cover, and refrigerate 30 minutes.
- After 30 minutes, gently stir half of the tomato paste mixture into the seafood mixture. Cover the remaining tomato paste mixture and the seafood mixture. Return both to the refrigerator for 30 minutes.
- After another 30 minutes, gently stir the remaining tomato paste mixture into the ceviche, cover, and refrigerate another 30 minutes.
- Gently stir the cilantro and diced avocado into the ceviche before serving.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:1.24, Inflammation Score:-6, Nutrition Score:7.2882608227108%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 178.56kcal (8.93%), Fat: 6.45g (9.92%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 10.11g (3.68%), Sugar: 3.66g (4.07%), Cholesterol: 0mg (0%), Sodium: 1589.92mg (69.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.84g (37.68%), Vitamin C: 23.92mg (28.99%), Fiber: 3.89g (15.57%), Vitamin K: 14.42µg (13.73%), Vitamin A: 680.47IU (13.61%), Potassium: 411.27mg (11.75%), Folate: 40.4µg (10.1%), Vitamin E: 1.39mg (9.24%), Vitamin B6: 0.17mg (8.67%), Manganese: 0.14mg (7.21%), Copper: 0.13mg (6.68%), Vitamin B5: 0.57mg (5.75%), Magnesium: 22.11mg (5.53%), Iron: 0.99mg (5.5%), Vitamin B3: 1.08mg (5.39%), Vitamin B2: 0.08mg (4.98%), Phosphorus: 44.85mg (4.48%), Vitamin B1: 0.06mg (4.04%), Calcium: 28.08mg (2.81%), Zinc: 0.39mg (2.63%)