



Mexican Ceviche Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large avocado diced pitted peeled
- ☐ 4 servings pepper black freshly ground
- ☐ 1.3 pounds fish fillet fresh cut into 1/2-inch cubes (sushi-grade) (such as tuna, hamachi, barramundi, or mahi-mahi)
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons jalapeno sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil

- ☐ 0.8 cup onion red chopped
- ☐ 3 cups the of 1 cos lettuce very thinly sliced
- ☐ 4 servings salsa
- ☐ 4 servings sea salt fine
- ☐ 2 teaspoons sugar
- ☐ 12 taco shells crisp
- ☐ 1 cup tomatoes seeded chopped

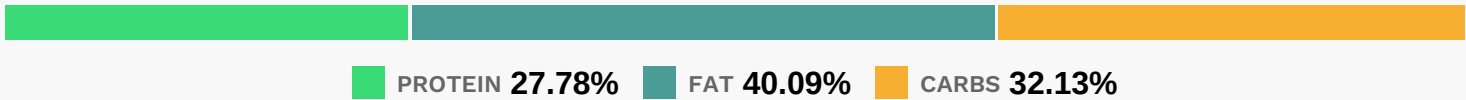
Equipment

- ☐ bowl

Directions

- ☐ Place fish in medium glass dish or bowl; sprinkle with sea salt and freshly ground black pepper.
- ☐ Add lime juice, lemon juice, and sugar and toss. Cover and chill until fish turns white and no longer looks raw, tossing occasionally, at least 4 hours and up to 6 hours.
- ☐ Strain fish, discarding marinade.
- ☐ Placeceviche in large bowl; add tomatoes, redonion, pickled jalapeños, 1 tablespoon liquid from jar, and olive oil and toss to blend. DO AHEAD: Can be made 2 hours ahead. Cover and chill.
- ☐ Add lettuce, avocado, and cilantro to ceviche mixture and toss. Fill taco shells with ceviche mixture. Top each taco with large spoonful of salsa and serve.

Nutrition Facts



Properties

Glycemic Index:84.77, Glycemic Load:16.77, Inflammation Score:-10, Nutrition Score:30.841739447221%

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: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg

Nutrients (% of daily need)

Calories: 467.41kcal (23.37%), Fat: 21.48g (33.05%), Saturated Fat: 4.99g (31.21%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 30.37g (11.04%), Sugar: 7.45g (8.28%), Cholesterol: 70.87mg (23.62%), Sodium: 604.23mg (26.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.49g (66.97%), Selenium: 61.83µg (88.32%), Vitamin A: 3721.97IU (74.44%), Vitamin K: 60.83µg (57.93%), Folate: 164.92µg (41.23%), Vitamin B3: 7.93mg (39.64%), Phosphorus: 393.86mg (39.39%), Vitamin B12: 2.24µg (37.33%), Vitamin C: 29.62mg (35.9%), Fiber: 8.36g (33.45%), Potassium: 1099.15mg (31.4%), Vitamin B6: 0.62mg (31%), Vitamin D: 4.39µg (29.29%), Manganese: 0.53mg (26.29%), Magnesium: 102.29mg (25.57%), Vitamin E: 3.32mg (22.11%), Vitamin B5: 1.62mg (16.23%), Copper: 0.32mg (16.19%), Vitamin B1: 0.24mg (16.11%), Vitamin B2: 0.24mg (14.21%), Iron: 2.37mg (13.18%), Zinc: 1.65mg (11.03%), Calcium: 91.17mg (9.12%)