



Mini Ceviche Appetizer

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

READY IN



140 min.

SERVINGS



24

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup freshly cilantro leaves chopped
- 4 garlic cloves chopped
- 1 jalapeno diced seeded
- 2 cups juice of lime freshly squeezed to cover fish
- 1 onion red thinly sliced
- 0.5 teaspoon salt
- 2 pounds tilapia fillets fresh white firm cut into 1-inch pieces

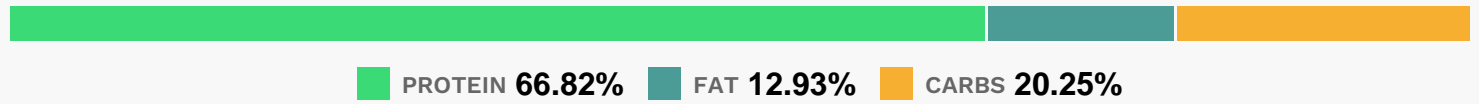
Equipment

- baking pan

Directions

- Watch how to make this recipe.
- Combine all ingredients except lime juice in a flat-bottomed baking dish. Cover with lime juice, making sure all fish is submerged. Chill for 2 hours.
- Cut the limes in half before squeezing their juice for the recipe and hollow them out once juiced, forming a cup. Flatten the bottom of the lime cup by slicing off a small section at the base. Fill with a heaping amount of Ceviche.
- Serve on a platter.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:4.1826086640358%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 44.21kcal (2.21%), Fat: 0.67g (1.03%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.16g (0.78%), Sugar: 0.57g (0.63%), Cholesterol: 18.9mg (6.3%), Sodium: 68.95mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.54%), Selenium: 15.92µg (22.74%), Vitamin B12: 0.6µg (9.95%), Vitamin C: 7.33mg (8.88%), Vitamin D: 1.17µg (7.81%), Vitamin B3: 1.52mg (7.62%), Phosphorus: 69.52mg (6.95%), Potassium: 149.92mg (4.28%), Vitamin B6: 0.08mg (4.18%), Magnesium: 12.61mg (3.15%), Folate: 12.34µg (3.09%), Vitamin B5: 0.22mg (2.22%), Copper: 0.04mg (1.92%), Manganese: 0.04mg (1.83%), Vitamin K: 1.85µg (1.76%), Vitamin B2: 0.03mg (1.74%), Vitamin B1: 0.02mg (1.61%), Vitamin E: 0.23mg (1.51%), Iron: 0.26mg (1.43%), Zinc: 0.16mg (1.05%)