



Online Round 2 - Ceviche

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

READY IN



85 min.

SERVINGS



2

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon cilantro leaves chopped
- 4 corn tortillas
- 1 fillet tilapia reserved from fish taco recipe
- 1 small jalapeño thinly sliced
- 1 juice of lime juiced
- 1 juice of orange juiced
- 2 servings kosher salt
- 1 small onion chopped

1 roma tomato chopped

Equipment

bowl

baking sheet

oven

Directions

Cut the reserved tilapia into 1/2-inch chunks and put them into a glass bowl. Top with the onion, tomato, and jalapeno.

Pour in the orange and lime juices and stir gently to mix. Cover and refrigerate for 1 hour. Don't let it marinate longer or the fish will turn mushy.

While the fish is marinating, heat the oven to 350 degrees F. Spray a baking sheet lightly with cooking spray.

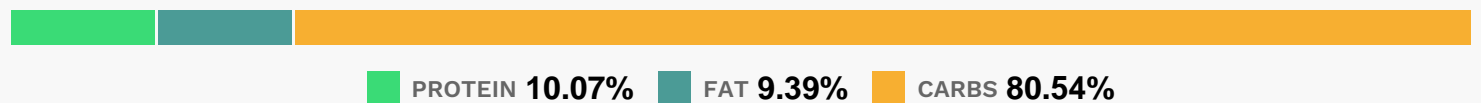
Cut the tortillas into 6 wedges and spread them on the baking sheet in 1 layer.

Bake in oven until lightly browned and crisp about 12 to 15 minutes.

Sprinkle with salt.

Serve the ceviche in small bowls garnished with the cilantro and with the tortilla chips on the side.

Nutrition Facts



Properties

Glycemic Index:115.75, Glycemic Load:12.77, Inflammation Score:-6, Nutrition Score:8.5939130255062%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg

Nutrients (% of daily need)

Calories: 152.75kcal (7.64%), Fat: 1.68g (2.59%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 32.51g (10.84%), Net Carbohydrates: 27.95g (10.16%), Sugar: 5.82g (6.47%), Cholesterol: 0.25mg (0.08%), Sodium: 221.3mg (9.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.13%), Vitamin C: 34.69mg (42.05%), Phosphorus: 190.84mg (19.08%), Fiber: 4.56g (18.26%), Manganese: 0.27mg (13.26%), Magnesium: 50.09mg (12.52%), Vitamin B6: 0.23mg (11.44%), Potassium: 318.79mg (9.11%), Vitamin A: 416.43IU (8.33%), Vitamin B1: 0.11mg (7.36%), Copper: 0.13mg (6.67%), Folate: 26.53µg (6.63%), Vitamin B3: 1.26mg (6.29%), Calcium: 59.81mg (5.98%), Zinc: 0.83mg (5.56%), Selenium: 3.63µg (5.19%), Iron: 0.9mg (4.98%), Vitamin K: 4.63µg (4.41%), Vitamin E: 0.62mg (4.15%), Vitamin B2: 0.07mg (3.88%), Vitamin B5: 0.23mg (2.28%)