



Peruvian Ceviche



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings cilantro leaves
- ☐ 0.5 cup bottled clam juice
- ☐ 1 ears corn husked
- ☐ 2 garlic clove smashed
- ☐ 1 scotch bonnet peppers halved lengthwise seeded
- ☐ 6 servings kosher salt
- ☐ 0.7 cup juice of lime fresh
- ☐ 1 small onion red divided thinly sliced quartered

- ☐ 8 ounces sweet potatoes and into

Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ slotted spoon
- ☐ steamer basket

Directions

- ☐ Set a fine-mesh sieve over a small bowl. Purée first 4 ingredients and 4 large ice cubes in a blender until smooth.
- ☐ Add onion; pulse 3–4 times. Strain liquid into a medium bowl. Stir in clam juice, if desired; season with salt. Cover and chill.
- ☐ Pour water into a large pot fitted with a steamer basket to a depth of 1"; bring to a boil.
- ☐ Add sweet potato, cover, and cook until just fork-tender, about 30 minutes.
- ☐ Transfer to a plate; let cool.
- ☐ Meanwhile, add more water to same pot, if needed, to measure 1"; bring to a boil.
- ☐ Add ear of corn to pot and steam until crisp-tender, 2–3 minutes.
- ☐ Transfer to a plate; let cool completely.
- ☐ Halve potato lengthwise. Using a small melon baller, scoop out potato balls and place them in a small bowl; set aside.
- ☐ Cut kernels from cob. Reserve 1/3 cup kernels (save extra kernels for another use).
- ☐ Rub a large bowl with cut sides of chile; discard.
- ☐ Place fluke, 2/3 of onion, leche de tigre, and 4 large ice cubes in bowl; stir well.
- ☐ Let marinate for 2 minutes; remove ice. Fold in potato and corn; season with salt.
- ☐ Using a slotted spoon, divide ceviche into small bowls or onto plates.
- ☐ Drizzle ceviche with leche de tigre from bowl; garnish with remaining onion and cilantro.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:4.28, Inflammation Score:-10, Nutrition Score:8.486521748421%

Flavonoids

Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 71.11kcal (3.56%), Fat: 0.31g (0.48%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 15.05g (5.47%), Sugar: 4.5g (5%), Cholesterol: 0mg (0%), Sodium: 289.84mg (12.6%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Vitamin A: 5456.54IU (109.13%), Vitamin C: 15.07mg (18.27%), Manganese: 0.18mg (8.88%), Fiber: 1.98g (7.92%), Vitamin B6: 0.16mg (7.91%), Potassium: 253.6mg (7.25%), Magnesium: 20.63mg (5.16%), Vitamin B1: 0.08mg (5.02%), Vitamin B5: 0.49mg (4.92%), Folate: 18.68µg (4.67%), Copper: 0.09mg (4.54%), Phosphorus: 44.66mg (4.47%), Vitamin B3: 0.61mg (3.05%), Vitamin B2: 0.05mg (2.67%), Iron: 0.44mg (2.44%), Calcium: 23.43mg (2.34%), Zinc: 0.27mg (1.79%), Vitamin K: 1.52µg (1.45%), Vitamin E: 0.21mg (1.39%)