



 **62%**  
HEALTH SCORE

## Red Snapper Seviche

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**160 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 to 2 chile peppers red minced seeded
- 0.3 cup cilantro leaves fresh chopped
- 1 cup juice of lime fresh
- 8 servings garnish: lime wedges
- 3 tablespoons olive oil extra-virgin
- 0.5 cup orange juice fresh
- 0.5 teaspoon pepper freshly ground
- 4 plum tomatoes diced seeded

- 8 servings radicchio thinly
- 1 small bell pepper diced red
- 3 tablespoons onion red minced
- 1.5 pounds snapper fillets red
- 0.5 teaspoon sea salt fine-grained
- 3 tablespoons sacramento tomato juice

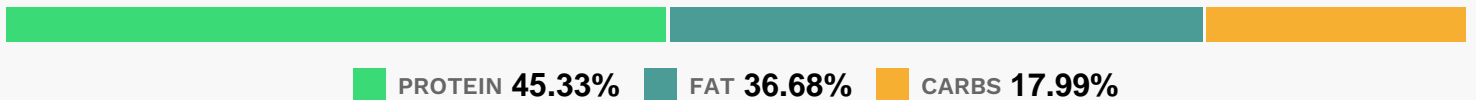
## Equipment

- bowl

## Directions

- Cut red snapper into 1 1/2-inch strips.
- Place in nonaluminum bowl.
- Add lime juice and orange juice; toss gently. Cover and refrigerate 2 to 3 hours or until fish is completely opaque.
- Drain and discard liquid.
- Combine red snapper with plum tomatoes through ground pepper; toss gently. Cover and chill 1 hour.
- Serve in radicchio-lined compotes.
- Garnish each serving with lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:40.17, Glycemic Load:1.63, Inflammation Score:-7, Nutrition Score:15.563913044722%

## Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 5mg, Hesperetin: 5mg, Hesperetin: 5mg, Hesperetin: 5mg Naringenin: 0.69mg,

Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

## Nutrients (% of daily need)

Calories: 159.67kcal (7.98%), Fat: 6.57g (10.12%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 6.28g (2.28%), Sugar: 3.7g (4.11%), Cholesterol: 31.47mg (10.49%), Sodium: 204.34mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.28g (36.56%), Vitamin D: 8.68µg (57.83%), Vitamin C: 44.2mg (53.57%), Selenium: 32.63µg (46.62%), Vitamin B12: 2.55µg (42.52%), Vitamin B6: 0.45mg (22.55%), Phosphorus: 190.71mg (19.07%), Vitamin A: 809.14IU (16.18%), Potassium: 559.58mg (15.99%), Vitamin E: 2.06mg (13.73%), Vitamin K: 12.1µg (11.53%), Magnesium: 38.72mg (9.68%), Vitamin B5: 0.8mg (8.02%), Folate: 25.06µg (6.27%), Vitamin B1: 0.09mg (5.77%), Manganese: 0.1mg (5.21%), Calcium: 40.77mg (4.08%), Copper: 0.08mg (3.9%), Fiber: 0.98g (3.9%), Vitamin B3: 0.75mg (3.73%), Zinc: 0.46mg (3.04%), Iron: 0.49mg (2.73%), Vitamin B2: 0.03mg (2.05%)