



Salmon-and-Shrimp Ceviche



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado cubed
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon brown sugar
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.8 pound sockeye salmon cut into 1/2-inch cubes

- ☐ 0.3 teaspoon salt
- ☐ 1 serrano chiles very thinly sliced
- ☐ 2 shallots diced
- ☐ 0.5 pound and shrimp deveined cooked peeled
- ☐ 0.3 teaspoon paprika smoked
- ☐ 2 tomatoes diced seeded

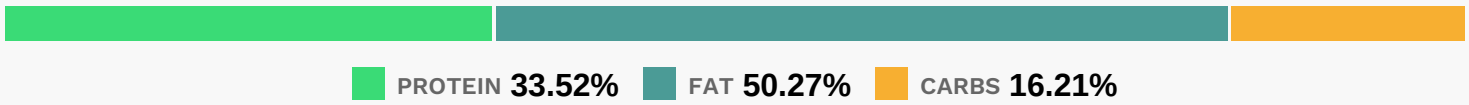
Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a nonaluminum bowl. Cover and refrigerate 2 1/2 hours or until fish is opaque.
- ☐ Drain liquid, reserving 2 tablespoons.
- ☐ Stir together salmon mixture, shrimp, and next 9 ingredients. Fold in avocado and reserved marinating liquid.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:4.6921739785568%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 70.13kcal (3.51%), Fat: 4.07g (6.26%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 1.97g (0.71%), Sugar: 0.91g (1.01%), Cholesterol: 27.61mg (9.2%), Sodium: 52.19mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.2%), Vitamin B6: 0.19mg (9.54%), Vitamin B12: 0.54µg (9.02%), Selenium: 6.3µg (9%), Vitamin C: 6.71mg (8.14%), Vitamin B3: 1.62mg (8.1%), Phosphorus: 70.25mg (7.02%), Potassium: 217.59mg (6.22%), Copper: 0.12mg (6.03%), Vitamin B2: 0.08mg (4.91%), Vitamin B5: 0.46mg (4.59%), Vitamin K: 4.74µg (4.51%), Folate: 16.51µg (4.13%), Fiber: 0.99g (3.95%), Magnesium: 15.06mg (3.77%), Vitamin B1: 0.05mg (3.66%), Vitamin E: 0.52mg (3.47%), Vitamin A: 159.48IU (3.19%), Manganese: 0.05mg (2.55%), Zinc: 0.37mg (2.48%), Iron: 0.38mg (2.11%), Calcium: 15.27mg (1.53%)