



Seviche

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

READY IN



140 min.

SERVINGS



10

CALORIES



55 kcal

SIDE DISH

Ingredients

- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon garlic salt
- 0.5 teaspoon granulated sugar
- 3 green onions chopped
- 0.4 cup catsup
- 0.8 cup juice of lemon fresh
- 0.5 cup olive oil
- 2 large onions spanish sliced

- 32 ounce dozens oysters canned
- 10 servings salt to taste
- 0.5 teaspoon soya sauce
- 1 large tomatoes diced ripe

Equipment

- bowl
- sauce pan
- knife
- blender

Directions

- In a saucepan over medium heat, add the sliced onions and add just enough water to cover. Bring to a simmer and cook just enough to soften.
- Remove from heat and drain. Rinse with cold water and drain.
- Take one 1 large tomato and score an 'X' , skin deep, on the top and bottom.
- Place in the same saucepan used for the onions and add enough water to cover. Bring to a simmer and cook until soft and the skin starts to peel, about 5 minutes.
- Remove the tomato and rinse under cold water until it's cool enough to hold in your hand. Using your fingers or the blade of a knife, gently peel off the skin.
- Place the peeled tomato in a blender and puree.
- In a large glass dish or bowl, combine the onions, olive oil and lemon juice. Stir in the oysters, pureed tomato, diced tomato, green onions, ketchup and soy sauce. Season with garlic salt, parsley, sugar, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:21.41, Glycemic Load:1.01, Inflammation Score:-4, Nutrition Score:6.3756521629251%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 54.5kcal (2.73%), Fat: 2.45g (3.77%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 7.08g (2.58%), Sugar: 4.48g (4.98%), Cholesterol: 3.63mg (1.21%), Sodium: 419.53mg (18.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.57%), Zinc: 3.7mg (24.64%), Vitamin K: 23.79µg (22.66%), Vitamin C: 13.91mg (16.85%), Copper: 0.3mg (14.87%), Vitamin B12: 0.79µg (13.23%), Vitamin A: 306.75IU (6.13%), Manganese: 0.11mg (5.34%), Potassium: 160.32mg (4.58%), Vitamin E: 0.68mg (4.51%), Folate: 17.11µg (4.28%), Vitamin B6: 0.08mg (3.98%), Iron: 0.7mg (3.9%), Fiber: 0.93g (3.73%), Selenium: 2.05µg (2.92%), Phosphorus: 27.86mg (2.79%), Magnesium: 10.15mg (2.54%), Vitamin B2: 0.04mg (2.45%), Vitamin B3: 0.41mg (2.07%), Calcium: 20.49mg (2.05%), Vitamin B1: 0.03mg (2.03%), Vitamin B5: 0.11mg (1.09%)