



Seviche de Salmon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon sesame seed black
- ☐ 0.3 cup cucumber diced
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 habanero pepper fresh minced seeded
- ☐ 1.5 teaspoons honey
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon mustard seeds whole

- ☐ 0.5 cup onion red finely chopped
- ☐ 10 ounce salmon fillet cut into 1/4-inch cubes
- ☐ 0.5 teaspoon salt

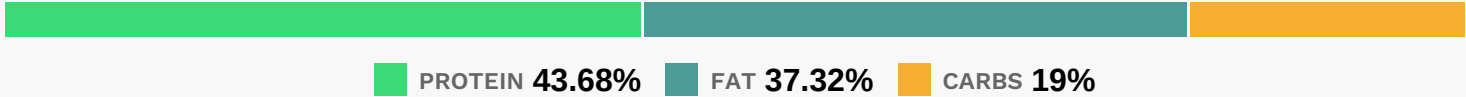
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a medium glass bowl. Cover and chill 2 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:29.78, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:6.2569565410199%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 69.71kcal (3.49%), Fat: 2.9g (4.46%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.86g (1.04%), Sugar: 1.85g (2.05%), Cholesterol: 19.49mg (6.5%), Sodium: 161.97mg (7.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Selenium: 15.96µg (22.8%), Vitamin B12: 1.13µg (18.78%), Vitamin B6: 0.32mg (16.06%), Vitamin B3: 2.9mg (14.52%), Phosphorus: 89.33mg (8.93%), Vitamin B2: 0.15mg (8.56%), Vitamin B1: 0.1mg (6.79%), Vitamin B5: 0.64mg (6.37%), Potassium: 219.47mg (6.27%), Vitamin C: 5.06mg (6.13%), Copper: 0.12mg (5.96%), Magnesium: 18.73mg (4.68%), Folate: 14.92µg (3.73%), Manganese: 0.07mg (3.54%), Iron: 0.51mg (2.82%), Zinc: 0.37mg (2.45%), Fiber: 0.46g (1.83%), Calcium: 14.8mg (1.48%)