

Seviche de Veracruz



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound halibut red cut into 1/2-inch cubes
- ☐ 2 jalapeños seeded finely chopped
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup orange juice fresh
- ☐ 0.5 cup oregano fresh loosely packed chopped
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 1 small onion diced red
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sacramento tomato juice
- ☐ 2 tomatoes diced seeded
- ☐ 1 leaves tortilla chips

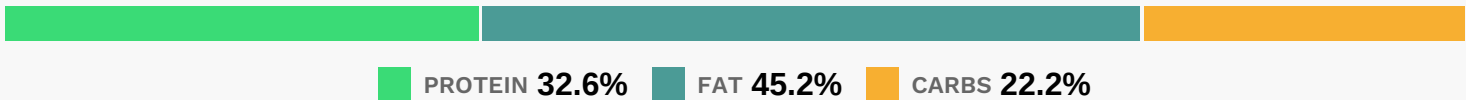
Equipment

- ☐ bowl

Directions

- ☐ Combine fish and 1/2 cup lime juice in a stainless steel or glass bowl. Cover and refrigerate 30 minutes. (The fish will overcure and have a mushy texture if you exceed 30 minutes.)
- ☐ Drain and discard juice.
- ☐ Stir in onion and next 10 ingredients. Cover and refrigerate 1 hour or overnight.
- ☐ Serve in chilled glasses or on lettuce-lined plates, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:36.22, Glycemic Load:2.27, Inflammation Score:-10, Nutrition Score:17.581304301386%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 4.5mg, Hesperetin: 4.5mg, Hesperetin: 4.5mg, Hesperetin: 4.5mg Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 201.44kcal (10.07%), Fat: 10.41g (16.01%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 8.6g (3.13%), Sugar: 5.05g (5.62%), Cholesterol: 27.97mg (9.32%), Sodium: 443.33mg (19.28%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.89g (33.79%), Vitamin D: 7.71µg (51.41%), Vitamin C: 34.65mg (42%), Selenium: 29.29µg (41.84%), Vitamin B12: 2.27µg (37.8%), Vitamin K: 35.47µg (33.78%), Vitamin B6: 0.46mg (22.93%), Vitamin E: 3.27mg (21.83%), Phosphorus: 182.95mg (18.29%), Potassium: 618.07mg (17.66%), Manganese: 0.33mg (16.39%), Vitamin A: 685.09IU (13.7%), Magnesium: 48.78mg (12.2%), Fiber: 2.9g (11.59%), Iron: 1.99mg (11.06%), Calcium: 105.66mg (10.57%), Folate: 36.72µg (9.18%), Vitamin B5: 0.8mg (8%), Vitamin B1: 0.1mg (6.77%), Copper: 0.11mg (5.51%), Vitamin B3: 0.98mg (4.9%), Zinc: 0.55mg (3.68%), Vitamin B2: 0.06mg (3.28%)