



Shrimp and Mahi Mahi Citrus Ceviche



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups canola oil for frying
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 6 ribs celery
- ☐ 3 6-inch corn tortillas sliced into strips
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 2 teaspoons ground cumin
- ☐ 1 juice of orange
- ☐ 4 servings kosher salt

- ☐ 1 lime cut into wedges
- ☐ 0.3 cup juice of lime
- ☐ 12 ounces mahi mahi fillets boneless skinless white firm or other fish
- ☐ 4 servings freshly cracked pepper black
- ☐ 12 ounces shrimp diced shelled deveined halved

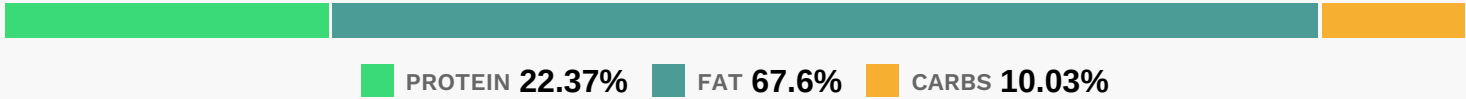
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the shrimp into a pot of salted water.
- ☐ Place over medium heat and cook until just starting to turn opaque, 2 to 3 minutes.
- ☐ Drain before adding to the rest of the ceviche.
- ☐ Meanwhile, dice the mahi mahi into 1/4-inch pieces and set aside in a large nonreactive bowl.
- ☐ Peel the celery and place in a food processor with the lime juice and orange juice. Puree until smooth and set aside.
- ☐ Add the celery puree to the fish and sprinkle with the cumin, cayenne and some salt and black pepper.
- ☐ Add the shrimp and stir well to incorporate. Cover and chill the ceviche in the fridge for 15 to 20 minutes. The shrimp will turn pink and the fish will turn white when cooked. Toss with the cilantro just before serving.
- ☐ For the tortilla strips: In a large cast-iron pot over medium-high heat (or in countertop fryer), bring the oil to 325 degrees F.
- ☐ Add the tortilla strips and fry until golden brown, 3 to 4 minutes.
- ☐ Remove to towel-lined dish and drain. Season with salt.
- ☐ To plate: Spoon the ceviche into a serving bowl and garnish with the tortilla strips and lime wedges.

Nutrition Facts



Properties

Glycemic Index:66.88, Glycemic Load:5.28, Inflammation Score:-7, Nutrition Score:19.255652116693%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 10.35mg, Hesperetin: 10.35mg, Hesperetin: 10.35mg, Hesperetin: 10.35mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Apigenin: 1.71mg, Apigenin: 1.71mg, Apigenin: 1.71mg, Apigenin: 1.71mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 611.33kcal (30.57%), Fat: 46.8g (72%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 12.72g (4.63%), Sugar: 2.81g (3.12%), Cholesterol: 199.01mg (66.34%), Sodium: 429.21mg (18.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.84g (69.68%), Vitamin E: 8.19mg (54.6%), Vitamin K: 50.62µg (48.21%), Selenium: 32.63µg (46.62%), Phosphorus: 392.36mg (39.24%), Vitamin B3: 5.84mg (29.21%), Potassium: 856.93mg (24.48%), Vitamin C: 18.95mg (22.97%), Vitamin B6: 0.45mg (22.64%), Copper: 0.45mg (22.54%), Magnesium: 83.77mg (20.94%), Iron: 2.59mg (14.39%), Zinc: 1.95mg (13.03%), Calcium: 126.38mg (12.64%), Fiber: 2.9g (11.6%), Manganese: 0.22mg (11.05%), Vitamin A: 521.56IU (10.43%), Vitamin B5: 0.89mg (8.93%), Folate: 34.49µg (8.62%), Vitamin B12: 0.51µg (8.5%), Vitamin B2: 0.12mg (7.11%), Vitamin B1: 0.08mg (5.13%)