

Shrimp Ceviche



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small cucumber sliced quartered
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons pickled jalapeño chiles minced
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon cracked pepper
- ☐ 0.3 cup onion red sliced

- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled

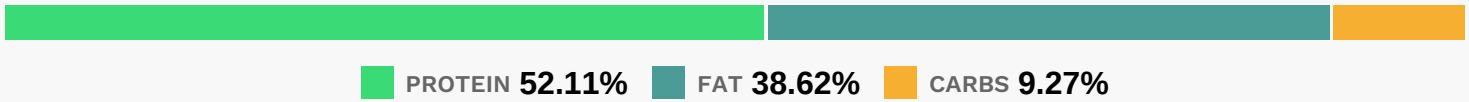
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook shrimp in a pot of boiling water 3 minutes or until just done; rinse with cold water to stop the cooking process.
- ☐ Combine shrimp with remaining ingredients in a large nonaluminum bowl. Cover and chill several hours to combine flavors.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:2.8930434681799%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 70.3kcal (3.51%), Fat: 3.08g (4.74%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.62g (0.69%), Cholesterol: 73.03mg (24.34%), Sodium: 113.15mg (4.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.72%), Phosphorus: 104.36mg (10.44%), Copper: 0.2mg (9.83%), Vitamin C: 6.47mg (7.84%), Magnesium: 19.45mg (4.86%), Potassium: 166.79mg (4.77%), Vitamin K: 4.76µg (4.54%), Zinc: 0.66mg (4.4%), Vitamin E: 0.54mg (3.6%), Calcium: 35.01mg (3.5%), Manganese: 0.05mg (2.7%), Iron: 0.33mg (1.83%), Vitamin B6: 0.04mg (1.8%), Vitamin A: 74.14IU (1.48%), Fiber: 0.32g (1.29%), Folate: 4.66µg (1.17%)