



Shrimp Ceviche

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 serrano chile pepper minced deveined seeded
- 1 cup cucumber peeled seeded finely chopped
- 0.5 cup cilantro leaves fresh chopped
- 6 servings bottled hot sauce
- 6 servings kosher salt for seasoning
- 1 cup juice of lime freshly squeezed
- 6 servings lime wedges
- 1 pound shrimp raw deveined peeled cut into thin pieces

- 0.5 cup onion red finely chopped
- 6 servings saltines
- 1 cup tomatoes seeded finely chopped

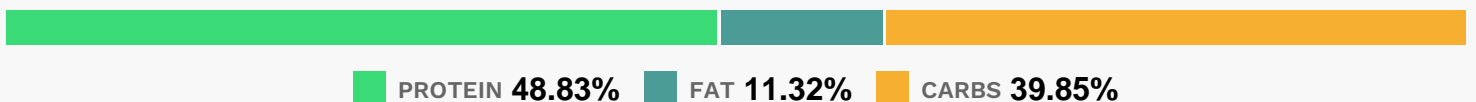
Equipment

- bowl
- mixing bowl

Directions

- Watch how to make this recipe.
- Place the shrimp in a large mixing bowl.
- Add 1/2 cup lime juice and let stand for 15 minutes so the shrimp can "cook" in the lime juice (any less and it won't cook, any more and it toughens).
- Meanwhile, in a separate large mixing bowl, mix the remaining 1/2 cup lime juice, cucumbers, tomatoes, cilantro, red onions and serrano chile to incorporate evenly.
- Transfer the mixed vegetables into the shrimp bowl and mix well to incorporate. Season the ceviche with some salt.
- Serve with saltine crackers, bottled hot sauce and lime wedges if desired.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:8.90782601937%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 4.05mg, Hesperetin: 4.05mg, Hesperetin: 4.05mg, Hesperetin: 4.05mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 89.7kcal (4.48%), Fat: 1.16g (1.79%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 8.19g (2.98%), Sugar: 2.31g (2.57%), Cholesterol: 95.25mg (31.75%), Sodium: 656.31mg (28.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.58%), Selenium: 22.84µg (32.62%), Vitamin C: 18.37mg (22.27%), Phosphorus: 208.88mg (20.89%), Vitamin B12: 0.84µg (14.03%), Vitamin B6: 0.19mg (9.72%), Copper: 0.19mg (9.67%), Vitamin A: 479.37IU (9.59%), Vitamin B3: 1.8mg (8.99%), Vitamin E: 1.31mg (8.71%), Vitamin K: 9.1µg (8.67%), Folate: 32.92µg (8.23%), Potassium: 256.85mg (7.34%), Magnesium: 27.91mg (6.98%), Manganese: 0.12mg (6.21%), Zinc: 0.9mg (6%), Calcium: 57.15mg (5.72%), Vitamin B1: 0.07mg (4.68%), Fiber: 1.03g (4.11%), Vitamin B5: 0.4mg (4.02%), Iron: 0.55mg (3.04%), Vitamin B2: 0.05mg (2.89%)