



Shrimp Ceviche



Gluten Free



Dairy Free



Popular

READY IN



80 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound medium-small shrimp deveined peeled
- ☐ 2 tablespoons salt (for salting the poaching water)
- ☐ 0.8 juice of lime (juice from 4-6 limes)
- ☐ 0.8 juice of lemon (juice from 2-3 lemons)
- ☐ 1 cup onion red finely chopped
- ☐ 1 serrano chile seeds removed, minced
- ☐ 1 cup cilantro leaves chopped
- ☐ 1 cucumber diced peeled

☐ 1 avocado peeled cut into 1/2-inch chunks

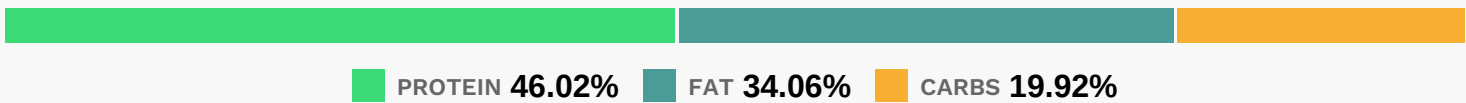
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Boil the shrimp: In a large pot, bring to a boil 4 quarts of water, salted with 2 Tbsp salt.
- ☐ Add the shrimp and cook for 1 minute to 2 minutes max, depending on size of shrimp. (Over-cooking the shrimp will turn it rubbery.)
- ☐ Remove shrimp with a slotted spoon and place into a bowl of ice water to stop the cooking.
- ☐ Cut up shrimp, mix with lime and lemon juice:
- ☐ Drain the shrimp.
- ☐ Cut each piece of shrimp in half, or into inch-long pieces.
- ☐ Place the shrimp in a glass or ceramic bowl.
- ☐ Mix in the lime and lemon juice. Cover and refrigerate for a half hour.
- ☐ Mix in the chopped red onion and serrano chile. Refrigerate an additional half hour.
- ☐ Right before serving, add the cilantro, cucumber, and avocado.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.37, Inflammation Score:-6, Nutrition Score:12.133913195652%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg

1.32mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg

Nutrients (% of daily need)

Calories: 205.83kcal (10.29%), Fat: 8.17g (12.57%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 5.97g (2.17%), Sugar: 3.39g (3.77%), Cholesterol: 182.57mg (60.86%), Sodium: 144.1mg (6.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.84g (49.67%), Copper: 0.62mg (31.11%), Phosphorus: 299.91mg (29.99%), Vitamin K: 28.72µg (27.36%), Potassium: 741.27mg (21.18%), Vitamin C: 16mg (19.4%), Fiber: 4.78g (19.11%), Magnesium: 69.49mg (17.37%), Folate: 63.31µg (15.83%), Zinc: 2.07mg (13.79%), Manganese: 0.24mg (11.83%), Vitamin B6: 0.23mg (11.68%), Calcium: 102.5mg (10.25%), Vitamin B5: 0.97mg (9.67%), Vitamin A: 415.29IU (8.31%), Vitamin E: 1.2mg (8.01%), Iron: 1.21mg (6.71%), Vitamin B2: 0.1mg (6.13%), Vitamin B1: 0.08mg (5.44%), Vitamin B3: 1.03mg (5.15%)