



## Shrimp Ceviche with Coconut Milk



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 peppercorns whole black
- ☐ 8 sprigs cilantro leaves for garnish
- ☐ 2 cups coconut milk
- ☐ 1 head garlic halved
- ☐ 1 tablespoon kosher salt to taste
- ☐ 1 optional: lemon halved seeded
- ☐ 1 lime cut into 8 wedges
- ☐ 0.5 cup juice of lime

- ☐ 1 onion red thinly sliced
- ☐ 2 serrano chile peppers thinly sliced
- ☐ 1.5 pounds shrimp deveined peeled per lb
- ☐ 3 turkish bay leaf

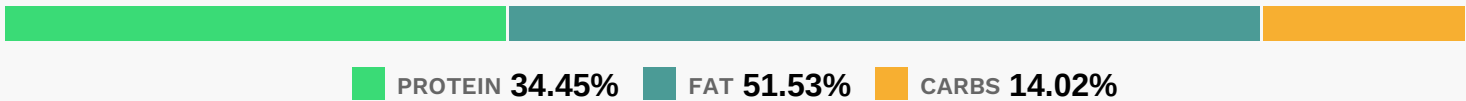
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ pot
- ☐ colander

## Directions

- ☐ Squeeze the lemon halves into a large pot, and toss in the halves.
- ☐ Add the garlic, bay leaves, peppercorns, and salt, then fill with water to half full. Bring to a boil over high heat, then stir in the shrimp, and turn off the heat. Allow the shrimp to poach until they are no longer translucent in the center, 3 to 5 minutes.
- ☐ Drain in a colander in the sink, then place the shrimp on a baking sheet, and refrigerate until cold, about 30 minutes.
- ☐ Stir the coconut milk, lime juice, serrano peppers, chopped cilantro, and onion together in a non-metallic bowl; season with salt to taste.
- ☐ Cut the chilled shrimp in half lengthwise and stir into the coconut marinade. Cover and refrigerate 30 minutes before serving.
- ☐ Garnish individual servings with the cilantro sprigs and lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:68.88, Glycemic Load:5.2, Inflammation Score:-6, Nutrition Score:17.199999897376%

## Flavonoids

Eriodictyol: 6.43mg, Eriodictyol: 6.43mg, Eriodictyol: 6.43mg, Eriodictyol: 6.43mg Hesperetin: 17.45mg, Hesperetin: 17.45mg, Hesperetin: 17.45mg, Hesperetin: 17.45mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg

Nutrients (% of daily need)

Calories: 411.76kcal (20.59%), Fat: 25.22g (38.8%), Saturated Fat: 21.59g (134.92%), Carbohydrates: 15.43g (5.14%), Net Carbohydrates: 13.16g (4.79%), Sugar: 2.86g (3.18%), Cholesterol: 273.86mg (91.29%), Sodium: 1967.39mg (85.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.93g (75.87%), Manganese: 1.15mg (57.6%), Phosphorus: 506.48mg (50.65%), Copper: 1mg (49.8%), Vitamin C: 36.19mg (43.87%), Magnesium: 123.89mg (30.97%), Iron: 5.25mg (29.17%), Potassium: 891.33mg (25.47%), Zinc: 3.14mg (20.92%), Calcium: 170.88mg (17.09%), Vitamin K: 14.97µg (14.26%), Vitamin B6: 0.22mg (10.77%), Fiber: 2.27g (9.07%), Folate: 32.2µg (8.05%), Vitamin A: 364.37IU (7.29%), Vitamin B1: 0.08mg (5.31%), Vitamin B3: 1mg (5.02%), Vitamin B5: 0.41mg (4.07%), Vitamin B2: 0.04mg (2.28%), Selenium: 1.41µg (2.01%), Vitamin E: 0.29mg (1.93%)