



Shrimp Seviche



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



8

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chile pepper finely chopped
- ☐ 0.3 cup freshly cilantro leaves chopped
- ☐ 8 servings quality corn tortilla chips good for serving
- ☐ 3 juice of lemon juiced
- ☐ 1 juice of lime juiced
- ☐ 3 juice of lime juiced
- ☐ 2 juice of orange juiced
- ☐ 0.3 cup olive oil

- ☐ 0.3 cup onion diced spanish finely
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 large tomatoes seeded cut into medium dice (1 1/4 cups)

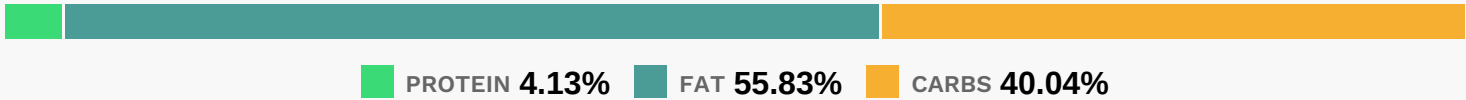
Equipment

- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ To make the seviche: Toss the shrimp with the lemon, lime and orange juices in a large non-reactive bowl. Refrigerate for a minimum of 3 hours or until the shrimp have turned opaque.
- ☐ While the shrimp is "cooking," make the Xni Pec: Toss the tomato, cilantro, olive oil, onion, chile, and lime juice in a bowl to mix. Season with salt and pepper, to taste.
- ☐ When the shrimp are ready, drain them and discard the marinade. Toss with the Xni Pec. Divide among martini glasses or other serving dishes and garnish each with a corn tortilla chip. Pass remaining chips separately.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:1.17, Inflammation Score:-4, Nutrition Score:5.7065217546795%

Flavonoids

Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg Hesperetin: 4.77mg, Hesperetin: 4.77mg, Hesperetin: 4.77mg, Hesperetin: 4.77mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 231.44kcal (11.57%), Fat: 14.92g (22.96%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 24.08g (8.03%), Net Carbohydrates: 22.03g (8.01%), Sugar: 2.87g (3.18%), Cholesterol: 0mg (0%), Sodium: 94.3mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.97%), Vitamin C: 20.92mg (25.36%), Vitamin E: 2.49mg (16.57%), Vitamin K: 15.51µg (14.77%), Fiber: 2.05g (8.19%), Magnesium: 30.54mg (7.63%), Phosphorus: 76.21mg (7.62%), Vitamin A: 280.11IU (5.6%), Potassium: 178.22mg (5.09%), Vitamin B6: 0.1mg (4.78%), Vitamin B1: 0.07mg (4.72%), Vitamin B5: 0.43mg (4.26%), Folate: 16.55µg (4.14%), Calcium: 38.6mg (3.86%), Iron: 0.63mg (3.49%), Zinc: 0.46mg (3.1%), Copper: 0.06mg (2.93%), Manganese: 0.06mg (2.76%), Vitamin B3: 0.48mg (2.42%), Vitamin B2: 0.04mg (2.09%), Selenium: 1.31µg (1.87%)