

Shrimp Seviche



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados diced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1 jalapeño chile minced seeded
- ☐ 0.8 teaspoon kosher salt
- ☐ 6 limes
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon oregano dried

- ☐ 4 serrano chiles en escabèche canned chopped
- ☐ 1 small shallots minced
- ☐ 1.5 pounds shrimp
- ☐ 4 small tomatoes diced ripe

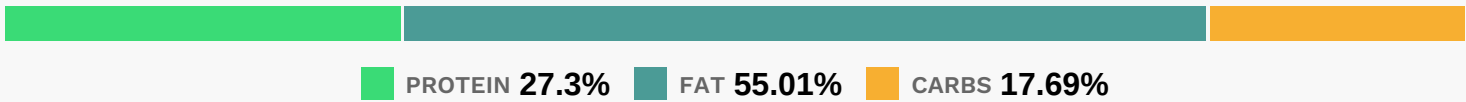
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Cook shrimp in boiling, salted water 3 minutes or just until cooked. Cool, peel, and roughly chop shrimp.
- ☐ Squeeze limes into a medium bowl.
- ☐ Add shrimp, shallot, and next 7 ingredients, stirring until well blended. Chill at least 1 hour and up to
- ☐ Stir cilantro and diced avocados into chilled shrimp mixture.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:4.46, Inflammation Score:-9, Nutrition Score:24.443478185198%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 43.22mg, Hesperetin: 43.22mg, Hesperetin: 43.22mg Naringenin: 4.04mg, Naringenin: 4.04mg, Naringenin: 4.04mg, Naringenin: 4.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 519.9kcal (26%), Fat: 34.09g (52.45%), Saturated Fat: 4.86g (30.36%), Carbohydrates: 24.67g (8.22%), Net Carbohydrates: 13.32g (4.84%), Sugar: 5.65g (6.28%), Cholesterol: 273.86mg (91.29%), Sodium: 654.86mg (28.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.07g (76.15%), Vitamin C: 59.65mg (72.31%), Copper: 1mg (49.9%), Vitamin K: 49.1µg (46.76%), Phosphorus: 464.79mg (46.48%), Fiber: 11.35g (45.41%), Vitamin E: 5.65mg (37.67%), Potassium: 1318.02mg (37.66%), Folate: 109.4µg (27.35%), Magnesium: 109.3mg (27.32%), Vitamin A: 1189.11IU (23.78%), Vitamin B6: 0.45mg (22.34%), Zinc: 3.25mg (21.68%), Manganese: 0.38mg (19.08%), Vitamin B5: 1.75mg (17.52%), Calcium: 172.92mg (17.29%), Iron: 2.67mg (14.81%), Vitamin B3: 2.68mg (13.38%), Vitamin B2: 0.18mg (10.67%), Vitamin B1: 0.14mg (9.43%), Selenium: 0.95µg (1.36%)