

## Simple Seviche



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

## Ingredients

- ☐ 1 avocado diced peeled
- ☐ 1 tablespoon canola oil
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons hot sauce
- ☐ 1 jalapeno minced seeded
- ☐ 0.3 cup juice of lemon fresh ( 2 lemons)
- ☐ 0.3 cup juice of lime fresh ( 2 limes)
- ☐ 0.5 pound mahimahi white firm cut into 1/2-inch pieces

- ☐ 0.5 cup orange juice fresh ( 2 large oranges)
- ☐ 0.3 cup onion red vertically sliced

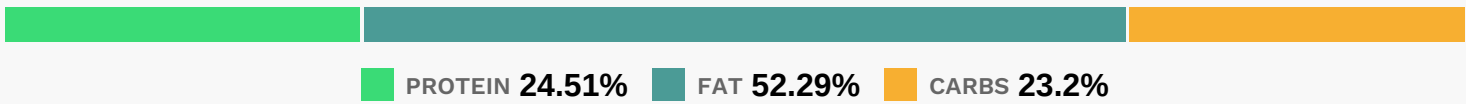
## Equipment

- ☐ bowl

## Directions

- ☐ Combine all ingredients in a large bowl, and toss well. Refrigerate for 30 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:30.5, Glycemic Load:1.56, Inflammation Score:-5, Nutrition Score:8.3978260807369%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 4.85mg, Hesperetin: 4.85mg, Hesperetin: 4.85mg, Hesperetin: 4.85mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

## Nutrients (% of daily need)

Calories: 125.1kcal (6.25%), Fat: 7.62g (11.73%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 5g (1.82%), Sugar: 2.89g (3.21%), Cholesterol: 27.59mg (9.2%), Sodium: 72.4mg (3.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Vitamin C: 25.43mg (30.82%), Selenium: 14.04µg (20.05%), Vitamin B3: 3.05mg (15.27%), Vitamin B6: 0.28mg (13.93%), Vitamin K: 13.41µg (12.77%), Potassium: 410.95mg (11.74%), Fiber: 2.61g (10.46%), Folate: 41.49µg (10.37%), Vitamin E: 1.27mg (8.45%), Vitamin B5: 0.84mg (8.41%), Phosphorus: 81.18mg (8.12%), Magnesium: 26.4mg (6.6%), Vitamin A: 281.4IU (5.63%), Vitamin B2: 0.09mg (5.09%), Copper: 0.1mg (5.03%), Iron: 0.72mg (4.02%), Vitamin B1: 0.06mg (4%), Manganese: 0.08mg (3.96%), Vitamin B12: 0.23µg (3.78%), Zinc: 0.44mg (2.92%), Calcium: 17.31mg (1.73%)