



Spicy Shrimp Ceviche

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



10

CALORIES



118 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb shrimp frozen thawed deveined cooked peeled
- 1 cup cucumber english seedless thinly sliced ()
- 0.5 cup onion red finely chopped
- 2 plum tomatoes seeded chopped (Roma)
- 1 serrano chiles seeded chopped
- 0.5 cup cilantro leaves fresh finely chopped
- 0.5 cup catsup
- 0.8 cup pepper flakes

- 2 tablespoons juice of lime
- 1 teaspoon salt
- 1 large avocado pitted peeled thinly sliced
- 1 serving celery stalks
- 1 serving olives green

Equipment

- bowl
- whisk

Directions

- In large bowl, gently toss ceviche ingredients.
- In medium bowl, mix marinade ingredients with whisk.
- Pour marinade over ceviche.
- Cover and refrigerate 1 hour to blend flavors. Spoon about 1/2 cup of mixture into tall cocktail glasses. Top with avocado slices.
- Serve with celery sticks and olives.

Nutrition Facts



PROTEIN 47.37% **FAT 26.92%** **CARBS 25.71%**

Properties

Glycemic Index:21.4, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:7.2978260607823%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 117.64kcal (5.88%), Fat: 3.72g (5.73%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 5.99g (2.18%), Sugar: 4.22g (4.69%), Cholesterol: 109.54mg (36.51%), Sodium: 457.69mg (19.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.48%), Vitamin C: 22.64mg (27.44%), Copper: 0.35mg (17.48%), Phosphorus: 172.95mg (17.3%), Potassium: 414.06mg (11.83%), Vitamin K: 11.5µg (10.95%), Magnesium: 38.12mg (9.53%), Fiber: 2.01g (8.05%), Vitamin B6: 0.16mg (7.86%), Zinc: 1.15mg (7.7%), Vitamin A: 381.79IU (7.64%), Folate: 25.09µg (6.27%), Manganese: 0.12mg (6.12%), Vitamin E: 0.85mg (5.65%), Calcium: 56.32mg (5.63%), Iron: 0.74mg (4.09%), Vitamin B3: 0.78mg (3.91%), Vitamin B2: 0.07mg (3.89%), Vitamin B5: 0.37mg (3.65%), Vitamin B1: 0.04mg (2.4%)