



Spicy Shrimp Ceviche With Cilantro

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 jalapeno minced seeded
- ☐ 1 cup jicama peeled chopped
- ☐ 0.3 cup juice of lime fresh (2 limes)
- ☐ 0.8 cup orange sections
- ☐ 1 bell pepper diced red
- ☐ 0.5 teaspoon salt

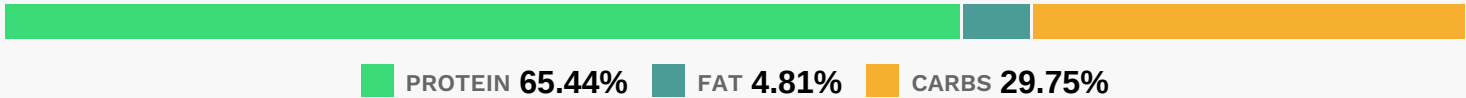
- ☐ 2 scallions chopped
- ☐ 1 pound shrimp cooked peeled

Equipment

Directions

- ☐ Combine ingredients; chill 1 hour.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:26.94, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:6.3765216469765%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 5.28mg, Hesperetin: 5.28mg, Hesperetin: 5.28mg Hesperetin: 5.28mg Naringenin: 2.61mg, Naringenin: 2.61mg, Naringenin: 2.61mg, Naringenin: 2.61mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 70.2kcal (3.51%), Fat: 0.39g (0.6%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 3.74g (1.36%), Sugar: 2.77g (3.08%), Cholesterol: 91.29mg (30.43%), Sodium: 215.04mg (9.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.91%), Vitamin C: 36.46mg (44.19%), Phosphorus: 133.93mg (13.39%), Copper: 0.25mg (12.37%), Vitamin A: 593.45IU (11.87%), Vitamin K: 8.91µg (8.49%), Potassium: 261.6mg (7.47%), Fiber: 1.69g (6.77%), Magnesium: 26.96mg (6.74%), Zinc: 0.86mg (5.75%), Calcium: 50.56mg (5.06%), Folate: 17.33µg (4.33%), Vitamin B6: 0.08mg (3.88%), Manganese: 0.07mg (3.3%), Iron: 0.55mg (3.03%), Vitamin E: 0.45mg (2.99%), Vitamin B1: 0.03mg (2.09%), Vitamin B2: 0.03mg (1.77%), Vitamin B3: 0.28mg (1.41%), Vitamin B5: 0.13mg (1.33%)