



Tilapia Ceviche

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

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled halved thinly sliced
- ☐ 0.5 cup clam-tomato juice (recommended: Clamato)
- ☐ 6 corn tortillas
- ☐ 0.5 cucumber diced peeled seeded finely
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon bottled hot sauce (recommended: Huichol)
- ☐ 1 lime cut into wedges
- ☐ 1 cup juice of lime (8 large limes)

- ☐ 6 servings mayonnaise for spreading
- ☐ 0.5 cup onion finely chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 serrano chile
- ☐ 2 pounds tilapia fillets finely
- ☐ 0.5 cup tomatoes seeded chopped

Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the tilapia in a medium bowl.
- ☐ Pour the lime juice over the fish and mix gently to combine. Cover with plastic wrap and chill in the refrigerator until the fish is white throughout, about 15 to 20 minutes.
- ☐ Remove from the refrigerator and drain off the lime juice, gently squeezing the fish with your hands. Discard the lime juice.
- ☐ Add the tomato, cucumber, onion, and cilantro. Season with salt and pepper, to taste.
- ☐ Add the clam-tomato juice and the hot sauce and chile, if using.
- ☐ Spread the tostadas generously with mayonnaise and top with the ceviche. Arrange the avocado slices on top of the ceviche and serve immediately with the lime wedges alongside.
- ☐ Heat a grill or grill pan over medium heat.
- ☐ Put the tortillas on the grill or grill pan, and let them dry out until they are crunchy. Purchased tostadas can be substituted.

Nutrition Facts



Properties

Glycemic Index:57.97, Glycemic Load:6.28, Inflammation Score:-7, Nutrition Score:22.178260823955%

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: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 8.42mg, Hesperetin: 8.42mg, Hesperetin: 8.42mg, Hesperetin: 8.42mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 311.04kcal (15.55%), Fat: 11.39g (17.52%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 17.29g (6.29%), Sugar: 3.37g (3.75%), Cholesterol: 77.28mg (25.76%), Sodium: 180.47mg (7.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.41g (66.82%), Selenium: 65.26µg (93.24%), Vitamin B12: 2.39µg (39.9%), Phosphorus: 381.45mg (38.15%), Vitamin B3: 7.22mg (36.09%), Vitamin C: 28.14mg (34.11%), Vitamin D: 4.7µg (31.3%), Potassium: 867.07mg (24.77%), Vitamin B6: 0.48mg (23.97%), Folate: 82.59µg (20.65%), Vitamin K: 21.68µg (20.65%), Magnesium: 81.79mg (20.45%), Fiber: 5.08g (20.3%), Vitamin B5: 1.46mg (14.58%), Copper: 0.28mg (14.17%), Manganese: 0.28mg (13.95%), Vitamin E: 1.78mg (11.9%), Vitamin B2: 0.19mg (11%), Vitamin B1: 0.15mg (10.17%), Iron: 1.71mg (9.48%), Zinc: 1.23mg (8.2%), Vitamin A: 349.02IU (6.98%), Calcium: 60.86mg (6.09%)