

food
network



HEALTH SCORE

63%

Yellowtail Ceviche



Gluten Free



Dairy Free



Very Healthy

READY IN

**30 min.**

SERVINGS

**4**

CALORIES

**87 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 tablespoon coconut milk
- ☐ 0.5 cucumber
- ☐ 1 jalapeño minced
- ☐ 2 juice of lime juiced
- ☐ 1 tablespoon bell pepper diced red
- ☐ 1 shallots minced
- ☐ 1 bell pepper diced yellow

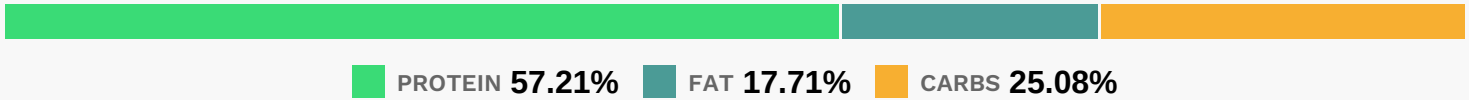
8 ounces yellowtail diced

Equipment

Directions

Mix all ingredients except for cucumber and let marinate for 10 minutes. Divide evenly into the 4 cucumber cups and serve.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:0.51, Inflammation Score:-6, Nutrition Score:12.620869688366%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 86.51kcal (4.33%), Fat: 1.72g (2.65%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 4.54g (1.65%), Sugar: 1.51g (1.67%), Cholesterol: 20.98mg (6.99%), Sodium: 39.41mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.5g (25%), Vitamin C: 68.89mg (83.5%), Vitamin D: 5.78µg (38.56%), Selenium: 21.89µg (31.28%), Vitamin B12: 1.7µg (28.35%), Vitamin B6: 0.35mg (17.29%), Phosphorus: 138.29mg (13.83%), Potassium: 411.29mg (11.75%), Magnesium: 31.28mg (7.82%), Manganese: 0.13mg (6.29%), Vitamin B5: 0.63mg (6.27%), Folate: 22.05µg (5.51%), Vitamin A: 271.62IU (5.43%), Vitamin E: 0.76mg (5.04%), Copper: 0.09mg (4.72%), Vitamin B1: 0.06mg (3.81%), Vitamin K: 3.97µg (3.78%), Fiber: 0.94g (3.76%), Calcium: 32.4mg (3.24%), Iron: 0.55mg (3.08%), Vitamin B3: 0.57mg (2.83%), Zinc: 0.39mg (2.58%), Vitamin B2: 0.03mg (1.56%)