



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Ceviche

Ceviche is a traditional Latin American dish made from fresh raw fish or seafood cured in citrus juices, such as lemon or lime, and spiced with chili peppers. It is typically served as an appetizer or main course and is popular in countries like Peru, Mexico, and Ecuador.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: N/A

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	fresh fish or seafood
200 ml	lime juice
100 g	red onion
100 g	Tomato
20 g	Cilantro

10 g	Jalapeño pepper
5 g	Salt
2 g	Pepper

Directions

Step 1

Cut

Cut the fish or seafood into small cubes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, combine the fish or seafood, lime juice, and salt. Let it marinate for 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

Add the red onion, tomato, cilantro, jalapeno pepper, and pepper to the bowl. Mix well.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Refrigerate the ceviche for at least 30 minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 1 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	30 mg	33.33%	40%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	6 mg	54.55%	75%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian

Mexican

Middle Eastern

Nutritional Content

Low Calorie

Kitchen Tools

Blender

Course

Appetizers

Salads

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Easter

Cost

Under \$10

\$10 to \$20

\$30 to \$40

Over \$50

Demographics

Teen Friendly

Diabetic Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

Visit our website: healthdor.com