Ecuadorian Ceviche

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

About the Recipe

87 Calories · 4 g Protein · 4 g Fiber
Side Dish
Gluten-free · Nut-free · Soy-free

Ingredients

Makes 4 Servings

- 20-24 white mushrooms
- 1/2 red onion
- 2 Roma tomatoes
- 1 red bell pepper
- 2 oranges
- 3-4 limes
- 1/4 bunch cilantro
- 1/4 cup ketchup

Directions

1. In a large bowl, combine 1 pound or 6 cups of diced white mushrooms, onion (thinly sliced), 1 1/2 cups diced tomatoes, 3/4 cup of diced bell peppers, 1/2 cup orange juice, 1/2 cup of lime juice, 1/4 cup of chopped cilantro, and ketchup. Season to taste with salt and pepper. Let marinate in the refrigerator for a minimum of 30 minutes. Serve with patacones or tostones.

Nutrition Facts

Per Serving:
Calories: 87
Total Fat: 0.5 g
    Saturated Fat: 0 g
    Calories From Fat: 5%
Cholesterol: 0 mg
Protein: 4 g
Carbohydrate: 21 g
Sugar: 14 g
Fiber: 4 g
Sodium: 148 mg
Calcium: 51 mg
Iron: 0.9 mg
Vitamin C: 92 mg
Beta-Carotene: 1,354 mcg
Vitamin E: 1.4 mg