

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