



## Tropical Ceviche

2 Servings • 1 Serving = 1 ½ Cups

Developed by Leah Wisner, UTSA Dietetic Intern

### INGREDIENTS

- 1 ½ cup lime juice
- ½ pound cooked shrimp, chopped into cubes
- ¼ jicama, chopped into cubes
- ¼ red onion, chopped into cubes
- 1 large mango, chopped into cubes
- ½ avocado, chopped into cubes
- ¼ bunch cilantro, chopped
- 2 serrano chiles, diced
- Optional: 1 manzano chile, sliced
- 1 teaspoon avocado oil
- Pinch of sea salt

### DIRECTIONS

1. Combine lime juice, shrimp, jicama, and onion in a large bowl. Mix well. Place the mixture in the refrigerator for at least 15 minutes to let the flavors combine.
2. Add mango, avocado, cilantro, and chiles to the shrimp mixture. Stir to combine.
3. Add avocado oil and sea salt to the mixture and stir.

### Nutrition Facts

2 servings per container	
<b>Serving size</b>	<b>1.5 cups</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>340</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 145mg	<b>48%</b>
<b>Sodium</b> 800mg	<b>35%</b>
<b>Total Carbohydrate</b> 54g	<b>20%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 28g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	
Vitamin D 0mcg	<b>0%</b>
Calcium 125mg	<b>10%</b>
Iron 2mg	<b>10%</b>
Potassium 978mg	<b>20%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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