



4 Servings

# crab ceviche

## Ingredients

|                                |            |
|--------------------------------|------------|
| blue crab, cooked              | 7 oz       |
| tomatoes                       | 1 Cup(s)   |
| cilantro leaves raw, coriander | 13 sprigs  |
| lime juice                     | 1/4 Cup(s) |
| olive oil                      | 2/3 Tbsp   |
| serrano peppers                | 1/4 Cup(s) |
| onions                         | 1/4 Cup(s) |

## Nutrition Totals

**Calories** 323 / **Carbs** 19 g / **Protein** 39 g / **Fat** 11 g / **Fluid** 15 fl oz

## Instructions

1. Place the shredded crab into a glass or porcelain bowl (try to stay away from plastic or metal).
2. Stir olive oil into the crabmeat until well coated, then stir in the cilantro onion, tomato and serrano peppers.
3. Squeeze the lime juice over everything, and mix well.
4. Season with plenty of salt and pepper.

Refrigerate for about 1 hour before serving.

# Nutrition Label

| <b>Crab Ceviche</b>             |            |
|---------------------------------|------------|
| <b>Amount Per Serving</b>       |            |
| <b>Calories</b>                 | <b>81</b>  |
| <b>% Daily Value*</b>           |            |
| <b>Total Fat</b> 2.7g           | <b>4%</b>  |
| Saturated Fat 0.4g              | <b>2%</b>  |
| Trans Fat 0g                    |            |
| <b>Cholesterol</b> 48.1mg       | <b>16%</b> |
| <b>Sodium</b> 59.4mg            | <b>2%</b>  |
| <b>Total Carbohydrates</b> 4.6g | <b>2%</b>  |
| Dietary Fiber 1.2g              | <b>5%</b>  |
| Total Sugar 2.1g                |            |
| <b>Protein</b> 9.7g             |            |
| <b>Vitamin D</b> 0IU            | <b>0%</b>  |
| <b>Calcium</b> 59.6mg           | <b>6%</b>  |
| <b>Iron</b> 0.6mg               | <b>3%</b>  |
| <b>Potassium</b> 325.3mg        |            |

\* The % Daily Value (DV) 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.