

# 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