

Peruvian Ceviche

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-tilapia-recipe>

Ingredients:

- 2 ears corn
- 2 star anise
- 1/2 pound butternut squash pumpkin cut into medium chunks
- 1 pound fish
- 1 gram sea bass
- 2 cloves garlic crushed
- 2 salad red onions thinly sliced
- 1 teaspoon salt ground sea
- 1 red chili long Asian style thinly sliced
- 2 tablespoons cilantro coriander chopped
- 3 lemons juice only

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 70 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 24 grams
7. SaturatedFat: 1 grams
8. Sodium: 700 milligrams
9. Sugar: 3 grams

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