



Recipe from:
Costa Rica



INCAP
Instituto de Nutrición
de Centro América y Panamá

Fish "ceviche"

4 servings

Ingredients

430 g	White fish (marlin or other local fish)
1 cup	Lime juice
1/2 cup	Lime-lemon flavored soda
1/2 cup	Finely chopped onion
1/2 cup	Finely chopped red bell pepper
1/4 cup	Chopped cilantro
1/2 tsp.	Salt
Add to taste	Ground pepper

Utensils

Knife
Cutting board
Medium glass bowl
Citrus juicer

Preparation

1. Cut the fish into 1 cm cubes.
2. In a medium glass bowl, mix the fish with the lime juice until it is well covered.
3. Add the remaining ingredients, mix, cover, and let rest in the refrigerator for one hour.
4. Serve with potato chips or crackers.



Costa Rican ceviche: freshness that tastes like *pura vida*

Ceviche in Costa Rica is a classic that smells of the sea, lime, and calm. Prepared with fresh fish, cilantro, onion, and a generous splash of lime juice, it is a small bite that carries that special Costa Rican touch that blends simplicity and flavor.

It is proof that *pura vida* can also be eaten: fresh, joyful, and close to the people. Enjoying it feels like the Caribbean and the Pacific meeting on the same plate, inviting you to share, toast, and let yourself be carried away by the country's flavor.

When buying tomatoes and other ingredients at local markets

- You support your community
- You get fresh products
- You strengthen the local economy

When choosing tomatoes

- Select the firmest ones, without bruises
- Make sure the skin is shiny and has a good texture

To store them

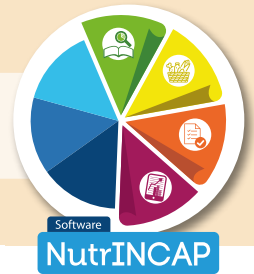
- Keep in a cool place, away from sunlight and heat
- In refrigeration: use a perforated plastic bag or a ventilated container

Information available in *A Tribute to the Environment and Health*
Request your copy in spanish here.

Nutritional information

Estimated nutritional value per serving

Calculations performed with **NutrINCAP**
 Request more information here.



Energy (Kcal)	Protein (g)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Zinc (mg)	Copper (mg)	Selenium (mcg)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Folates (mcg)	Vitamin B12 (mcg)	Vitamin A (mcg)	Total fat (g)	Saturated fat (g)
139.46	22.2	28.46	0.86	38.15	199.94	0.48	0.13	45.17	28.25	0.08	0.09	4.39	0.24	39.68	1.7	18.8	1.94	0.66

Monounsaturated fat (g)	Polyunsaturated fat (g): 0.9	Cholesterol (mg)	Available carbohydrates (g)	Total dietary fiber (g)	Ash (g)	Potassium (mg)	Sodium (mg)	Pantothenic acid (mg)	Folic acid (mcg)	Food folates (mcg)	Retinol (mcg)	Beta-carotene (mcg)	Vitamin E (mg)	Vitamin D (mcg)	Vitamin K (mcg)
0.55	0.41	53.75	10.17	0.88	1.83	453.32	255.06	0.66	0	39.68	0	209.78	0.72	3.33	9.66



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