



 **66%**
HEALTH SCORE

Ahi Poke

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound thick ahi tuna cut into 1/2-inch chunks
- 2 tablespoons dry-roasted macadamia nuts chopped
- 2 cloves garlic smashed finely chopped
- 0.5 inch ginger grated peeled
- 3 scallions white green separated sliced
- 1 teaspoon sesame oil
- 0.3 cup soya sauce
- 0.5 onion white such as maui onion, julienned

0.5 tablespoon sambal oelek

0.5 tablespoon sambal oelek

Equipment

bowl

Directions

Combine the soy sauce, sambal, sesame oil, scallion whites, garlic, ginger and onions in a medium bowl. Toss in the tuna and let sit in the fridge for 30 minutes.

Stir in the macadamia nuts. Plate as desired and garnish with the scallion greens.

Nutrition Facts

 PROTEIN **51.15%** FAT **41.57%** CARBS **7.28%**

Properties

Glycemic Index:32.25, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:23.443478408067%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 228.05kcal (11.4%), Fat: 10.4g (16.01%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.03g (1.1%), Sugar: 1.3g (1.44%), Cholesterol: 43.09mg (14.36%), Sodium: 856.8mg (37.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.8g (57.6%), Vitamin B12: 10.69µg (178.22%), Selenium: 42.03µg (60.04%), Vitamin B3: 10.59mg (52.95%), Vitamin A: 2565.62IU (51.31%), Vitamin D: 6.46µg (43.09%), Phosphorus: 326.19mg (32.62%), Vitamin B6: 0.6mg (30.04%), Vitamin B1: 0.36mg (23.74%), Vitamin B2: 0.33mg (19.27%), Magnesium: 72.93mg (18.23%), Vitamin K: 18.85µg (17.95%), Manganese: 0.36mg (17.76%), Vitamin B5: 1.32mg (13.22%), Potassium: 389.46mg (11.13%), Iron: 1.88mg (10.44%), Copper: 0.17mg (8.71%), Vitamin E: 1.23mg (8.2%), Zinc: 0.89mg (5.91%), Fiber: 1.06g (4.25%), Vitamin C: 3.28mg (3.98%), Folate: 13.94µg (3.49%), Calcium: 28.72mg (2.87%)