



Ahi Poke Martini



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound thick ahi tuna cubed
- ☐ 1 leaf banana
- ☐ 2 ounce caviar drained
- ☐ 1 tablespoon sriracha
- ☐ 1 teaspoon sesame oil dark
- ☐ 2 spring onion sliced
- ☐ 1 cup mangos cubed
- ☐ 0.5 cup onion sweet finely chopped

- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon sea salt
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 teaspoon wasabi paste
- ☐ 0.3 cup frangelico
- ☐ 0.3 cup frangelico

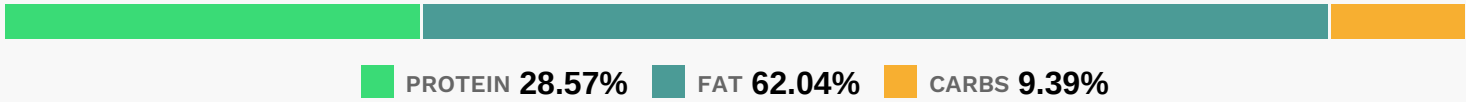
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Stir together caviar and wasabi paste; set aside.
- ☐ Combine mango and mayonnaise in a blender, and process until smooth. Stir in caviar mixture.
- ☐ Combine tuna and next 7 ingredients in a large bowl; toss gently.
- ☐ Spoon about 1 tablespoon mango mayonnaise into each of 8 martini glasses. Top each evenly with tuna mixture; spoon additional mango mayonnaise over each.
- ☐ Garnish, if desired.
- ☐ Note: If you are able to purchase wasabi tobiko, use a 2-ounce jar in place of golden caviar and wasabi paste.

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:1.55, Inflammation Score:-8, Nutrition Score:16.624347873356%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg,

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 220.78kcal (11.04%), Fat: 15.12g (23.25%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.52g (1.64%), Sugar: 3.9g (4.33%), Cholesterol: 69.1mg (23.03%), Sodium: 594.29mg (25.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.33%), Vitamin B12: 6.78µg (113.02%), Selenium: 25.87µg (36.96%), Vitamin A: 1564.34IU (31.29%), Vitamin K: 30.04µg (28.61%), Vitamin B3: 5.17mg (25.87%), Vitamin D: 3.47µg (23.1%), Phosphorus: 182.09mg (18.21%), Vitamin B6: 0.33mg (16.35%), Magnesium: 54.47mg (13.62%), Vitamin B2: 0.2mg (12.06%), Vitamin B1: 0.16mg (10.99%), Vitamin C: 8.69mg (10.54%), Vitamin B5: 0.93mg (9.32%), Vitamin E: 1.37mg (9.14%), Iron: 1.61mg (8.96%), Potassium: 220.36mg (6.3%), Folate: 18.95µg (4.74%), Copper: 0.09mg (4.7%), Zinc: 0.49mg (3.25%), Calcium: 32.52mg (3.25%), Manganese: 0.05mg (2.58%), Fiber: 0.63g (2.52%)