



Ahi Poke-tini

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound thick ahi tuna diced finely
- ☐ 2 tablespoons sesame oil dark
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 tablespoons spring onion minced
- ☐ 2 jalapeno minced
- ☐ 6 servings kaffir lime leaves
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 2 tablespoons onion sweet finely chopped

- ☐ 6 servings salsa
- ☐ 6 servings wonton wrappers fresh

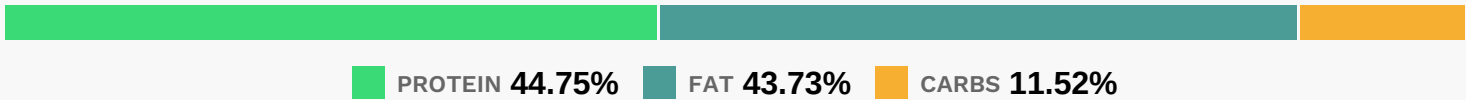
Equipment

- ☐ bowl

Directions

- ☐ Combine tuna and next 7 ingredients in a bowl; toss gently. Cover and chill until ready to serve.
- ☐ Spoon Avocado Salsa evenly into 6 martini glasses. Top each evenly with tuna mixture; drizzle each with 2 tablespoons Kaffir Lime Syrup.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:0.11, Inflammation Score:-8, Nutrition Score:17.633043517237%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 177.83kcal (8.89%), Fat: 8.57g (13.18%), Saturated Fat: 1.63g (10.22%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 4.15g (1.51%), Sugar: 1.72g (1.91%), Cholesterol: 28.82mg (9.61%), Sodium: 756mg (32.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.73g (39.45%), Vitamin B12: 7.13µg (118.82%), Selenium: 28.29µg (40.41%), Vitamin A: 1874.34IU (37.49%), Vitamin B3: 7.2mg (36%), Vitamin D: 4.31µg (28.73%), Phosphorus: 229.84mg (22.98%), Vitamin B6: 0.45mg (22.51%), Vitamin B2: 0.24mg (14.34%), Vitamin B1: 0.21mg (13.92%), Magnesium: 54.48mg (13.62%), Potassium: 349.66mg (9.99%), Vitamin E: 1.45mg (9.68%), Vitamin B5: 0.93mg (9.29%), Vitamin C: 6.74mg (8.17%), Vitamin K: 6.99µg (6.66%), Iron: 1.19mg (6.6%), Manganese: 0.13mg (6.34%), Copper: 0.1mg (5.13%), Zinc: 0.66mg (4.39%), Fiber: 0.93g (3.72%), Folate: 13.32µg (3.33%), Calcium: 22.58mg (2.26%)