



 **17%**
HEALTH SCORE

Ahi Tuna Ceviche

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



3

CALORIES



117 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ahi tuna steak
- 5 small leaves mint leaves fresh
- 0.5 sesame seeds fresh black
- 1 juice of lime
- 0.5 serrano chiles very thinly sliced
- 1 tsp sesame oil
- 3 servings serrano chiles diced toasted
- 5 tbsp soya sauce

1 slices sweet potatoes and into

Equipment

bowl

Directions

In medium bowl mix soy sauce, toasted sesame oil, rice vinegar, Serrano pepper, lime juice, mint, and sesame seeds. Then add diced tuna and toss to coat. The tuna is ready to eat as soon as it's tossed and coated but you can marinate it for a few minutes if desired. The tuna will start to turn white almost immediately, a sign that it is cooking from the acidity of the lime juice. It is not necessary to cook the tuna. In fact, it is best served immediately while it is melt-in-your-mouth tender and moist.

Serve immediately by mounding atop crackers, chips, micro-greens, or even roasted sweet potato slices.

Nutrition Facts


■ PROTEIN **56.53%** ■ FAT **33.99%** ■ CARBS **9.48%**

Properties

Glycemic Index:36, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:13.824782608696%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 117.3kcal (5.86%), Fat: 4.41g (6.78%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.38g (0.86%), Sugar: 0.77g (0.86%), Cholesterol: 21.53mg (7.18%), Sodium: 1698.53mg (73.85%), Protein: 16.49g (32.98%), Vitamin B12: 5.34µg (89.06%), Vitamin B3: 6.15mg (30.73%), Selenium: 21µg (30%), Vitamin A: 1311.62IU (26.23%), Vitamin D: 3.23µg (21.53%), Phosphorus: 186.4mg (18.64%), Vitamin B6: 0.33mg (16.69%), Vitamin B2: 0.19mg (11.28%), Vitamin B1: 0.16mg (10.63%), Magnesium: 42.31mg (10.58%), Manganese: 0.17mg (8.48%), Iron: 1.35mg (7.49%), Vitamin B5: 0.73mg (7.29%), Potassium: 226.58mg (6.47%), Copper: 0.1mg (5.1%), Vitamin C: 3.93mg (4.77%), Vitamin E: 0.62mg (4.17%), Zinc: 0.5mg (3.31%), Folate: 8.29µg (2.07%), Fiber: 0.39g (1.56%), Calcium: 14.08mg (1.41%)