

Ahi Tuna Poke

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

READY IN



15 min.

SERVINGS



8

CALORIES



79 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound sashimi-grade yellowfin tuna fillets
- 0.5 cup cucumber diced english ()
- 1.5 teaspoons ginger fresh grated
- 3 tablespoons juice of lime freshly squeezed (from 2 medium limes)
- 3 spring onion light white green finely chopped (and parts only)
- 1 teaspoon sesame oil toasted
- 4 teaspoons sesame seed toasted
- 2 tablespoons soya sauce

Equipment

bowl

Directions

- Place a serving dish in the refrigerator to chill, at least 30 minutes. Trim any dark flesh and fat from the tuna and discard. Dice into 1/4-inch cubes and place in a large bowl.
- Add cucumber, scallions, 2 tablespoons of the lime juice, soy sauce, 3 teaspoons of the sesame seeds, ginger, and sesame oil and stir gently to combine. Season with salt, togarashi or pepper, and remaining 1 tablespoon lime juice as desired.
- Transfer to the chilled serving dish and sprinkle with the remaining 1 teaspoon sesame seeds.
- Serve immediately with wonton crisps.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:11.374782722929%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 78.77kcal (3.94%), Fat: 1.3g (2%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.39g (0.44%), Cholesterol: 22.11mg (7.37%), Sodium: 278.01mg (12.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.64g (29.28%), Selenium: 51.8µg (74.01%), Vitamin B3: 10.75mg (53.77%), Vitamin B6: 0.55mg (27.7%), Vitamin B12: 1.18µg (19.66%), Phosphorus: 173.9mg (17.39%), Vitamin K: 10.54µg (10.04%), Potassium: 294.38mg (8.41%), Magnesium: 27.51mg (6.88%), Vitamin D: 0.96µg (6.43%), Vitamin B1: 0.08mg (5.55%), Vitamin B2: 0.08mg (4.78%), Iron: 0.78mg (4.34%), Copper: 0.08mg (3.8%), Manganese: 0.07mg (3.37%), Vitamin C: 2.73mg (3.31%), Zinc: 0.34mg (2.29%), Vitamin B5: 0.2mg (2.04%), Calcium: 18.05mg (1.8%), Vitamin A: 88.61IU (1.77%), Folate: 6.85µg (1.71%), Fiber: 0.33g (1.33%), Vitamin E: 0.19mg (1.24%)