

## Ahi Tuna Sandwich

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



447 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 tablespoon chives minced well
- ☐ 3.5 oz fish such as trout smoked
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon old bay seasoning
- ☐ 1 tablespoon relish
- ☐ 2 tablespoon rice vinegar
- ☐ 8 slice rustic bread lightly toasted

- ☐ 4 servings salt and pepper to taste
- ☐ 2 teaspoon wasabi

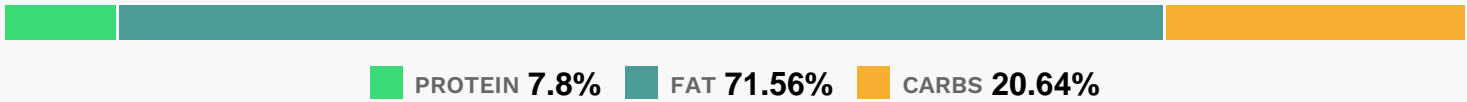
## Equipment

- ☐ frying pan
- ☐ knife
- ☐ mixing bowl

## Directions

- ☐ Drain the smoked fish of any liquid add it to a mixing bowl and mash it up with a fork.
- ☐ Mix in the wasabi, mayo, vinegar, relish, salt, pepper, and Old Bay. Make sure this is fairly runny– less creamy than the mayonnaise alone. Taste to adjust seasoning.Prepare an ice bath.
- ☐ Heat a non–stick skillet over medium–high heat. Season the Ahi well on both sides, lay the steaks in the skillet, they should sizzle. Sear them fast, about 2 minutes per side. Take them off the heat when the center is still red, and immediately submerge it in the ice bath for about one minute.
- ☐ Remove the fish and thoroughly dry it. When the Ahi is cool, use a very sharp knife cut the fish into fairly even pieces less than ½ inch square.
- ☐ Add the tuna cubes, lemon juice, celery and chives to the dressing mixture until just combined.
- ☐ Serve it as a sandwich on toast with lettuce and tomato, or as a salad with the toast on the side.

## Nutrition Facts



## Properties

Glycemic Index:36.25, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:7.4560870139495%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 447.48kcal (22.37%), Fat: 35.6g (54.77%), Saturated Fat: 11.14g (69.61%), Carbohydrates: 23.1g (7.7%), Net Carbohydrates: 21.42g (7.79%), Sugar: 12.66g (14.07%), Cholesterol: 24.16mg (8.05%), Sodium: 574.46mg (24.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.73g (17.46%), Vitamin K: 55.64µg (52.99%), Selenium: 11.14µg (15.91%), Vitamin B3: 2.83mg (14.16%), Folate: 35.69µg (8.92%), Iron: 1.47mg (8.15%), Vitamin B12: 0.43µg (7.09%), Vitamin E: 1.04mg (6.92%), Phosphorus: 67.91mg (6.79%), Fiber: 1.68g (6.71%), Vitamin D: 0.82µg (5.5%), Potassium: 189.04mg (5.4%), Vitamin B1: 0.08mg (5.06%), Manganese: 0.09mg (4.62%), Magnesium: 18.05mg (4.51%), Vitamin B2: 0.06mg (3.7%), Vitamin B6: 0.06mg (3.08%), Vitamin C: 2.46mg (2.99%), Copper: 0.04mg (1.97%), Vitamin B5: 0.18mg (1.79%), Zinc: 0.27mg (1.78%), Calcium: 17.66mg (1.77%), Vitamin A: 84IU (1.68%)