



HEALTH SCORE

100%

Ahi Tuna Seviche with Mango and Avocado



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1.3 pounds thick ahi tuna



1 sprigs carrot chopped



0.3 teaspoon pepper black freshly ground



2 tablespoons cilantro leaves fresh minced



0.3 cup spring onion thinly sliced



0.3 cup juice of lime fresh



1 medium mangos diced pitted peeled



1 tablespoon olive oil extra virgin extra-virgin

- ☐ 1 teaspoon oregano fresh minced
- ☐ 0.5 cup roma tomatoes diced seeded
- ☐ 0.3 teaspoon sea salt
- ☐ 1 teaspoon serrano chiles seeded finely chopped

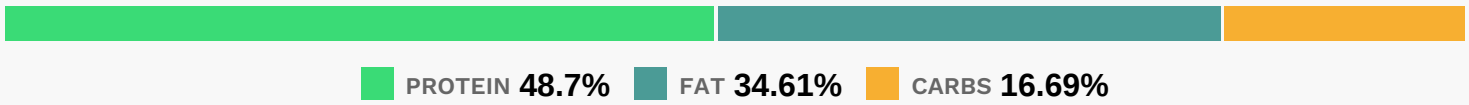
Equipment

- ☐ bowl

Directions

- ☐ Dice tuna into 1/3-inch cubes, discarding fibrous tissue, and place in a glass bowl. Toss tuna gently with olive oil and next 3 ingredients. Cover and refrigerate up to 2 hours.
- ☐ Just before serving, add green onion and next 3 ingredients, and toss. Season to taste with salt and pepper. Arrange in martini glasses, and garnish, if desired.
- ☐ Serve immediately.
- ☐ Chef John Recommends: An aromatic Sauvignon Blanc. Alternative
- ☐ Pours: A Gewrztraminer, Riesling, Viognier, or Muscat to complement the mango.

Nutrition Facts



Properties

Glycemic Index:31.79, Glycemic Load:2.69, Inflammation Score:-9, Nutrition Score:21.472608742507%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 187.56kcal (9.38%), Fat: 7.18g (11.05%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 6.63g (2.41%), Sugar: 5.63g (6.26%), Cholesterol: 36.53mg (12.18%), Sodium: 136.63mg (5.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.49%), Vitamin B12: 8.92µg (148.74%), Vitamin A: 2681.28IU (53.63%), Selenium: 34.83µg (49.76%), Vitamin B3: 8.6mg (43%), Vitamin D: 5.41µg (36.04%), Phosphorus: 255.02mg (25.5%), Vitamin B6: 0.5mg (25.06%), Vitamin C: 20.55mg (24.91%), Vitamin K: 18.65µg (17.77%), Vitamin B1: 0.25mg (16.83%), Vitamin B2: 0.26mg (15.54%), Magnesium: 56.24mg (14.06%), Vitamin E: 1.84mg (12.25%), Vitamin B5: 1.11mg (11.1%), Potassium: 381.32mg (10.89%), Iron: 1.32mg (7.32%), Copper: 0.14mg (7.18%), Folate: 25.67µg (6.42%), Manganese: 0.1mg (4.92%), Fiber: 1.17g (4.66%), Zinc: 0.68mg (4.52%), Calcium: 25.15mg (2.51%)