



## Baja-Style Ahi Tuna Tartare

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds sushi-grade ahi tuna diced
- 3 tablespoons capers drained
- 4 servings corn tostadas
- 0.3 cup cucumber diced peeled seeded
- 1 tablespoon cilantro leaves fresh chopped
- 0.3 cup kalamata olives pitted sliced
- 2 tablespoons juice of lime fresh
- 1 tablespoon olive oil

- 2 tablespoons sesame seed toasted
- 3 tablespoons soya sauce

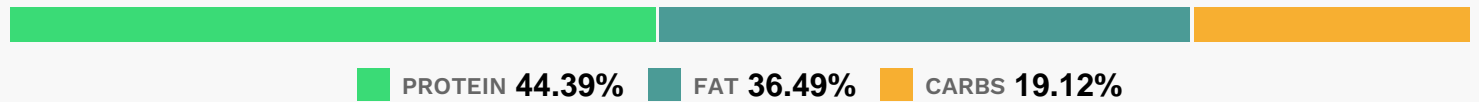
## Equipment

- bowl
- whisk

## Directions

- In a medium bowl, whisk together the olive oil, soy sauce and lime juice.
- Add the diced tuna, cucumber, capers, sesame seeds, olives and cilantro. Carefully toss to combine.
- Divide the tartare between 4 chilled serving bowls and serve with tostadas.

## Nutrition Facts



## Properties

Glycemic Index:38.13, Glycemic Load:8.22, Inflammation Score:-10, Nutrition Score:34.229564853336%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg Quercetin: 10.44mg, Quercetin: 10.44mg, Quercetin: 10.44mg, Quercetin: 10.44mg

## Nutrients (% of daily need)

Calories: 397.33kcal (19.87%), Fat: 16.35g (25.16%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 16.29g (5.92%), Sugar: 4.05g (4.5%), Cholesterol: 64.64mg (21.55%), Sodium: 1119.86mg (48.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.75g (89.5%), Vitamin B12: 16.04µg (267.34%), Selenium: 63.89µg (91.27%), Vitamin B3: 16.8mg (84.02%), Vitamin A: 3974.01IU (79.48%), Vitamin D: 9.7µg (64.64%), Phosphorus: 537.83mg (53.78%), Vitamin B6: 0.95mg (47.54%), Vitamin B1: 0.53mg (35.23%), Magnesium: 129.04mg (32.26%), Vitamin B2: 0.51mg (30.21%), Vitamin B5: 2.49mg (24.89%), Copper: 0.41mg (20.31%), Potassium: 670.42mg (19.15%), Vitamin E: 2.68mg (17.87%), Iron: 3.17mg (17.63%), Manganese: 0.33mg (16.62%), Zinc: 1.91mg (12.73%), Fiber: 2.99g (11.96%), Vitamin C: 7.04mg (8.53%), Folate: 31.03µg (7.76%), Calcium:

66.72mg (6.67%), Vitamin K: 4.96µg (4.73%)