

Fresh Tuna Ceviche



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



4

CALORIES



89 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ginger root fresh minced
- ☐ 0.8 bunch green onions thinly sliced
- ☐ 1 jalapeno fresh minced seeded
- ☐ 0.3 cup juice of lemon to taste
- ☐ 0.5 medium onion diced finely
- ☐ 0.3 teaspoon soya sauce to taste
- ☐ 12 ounces sashimi grade tuna

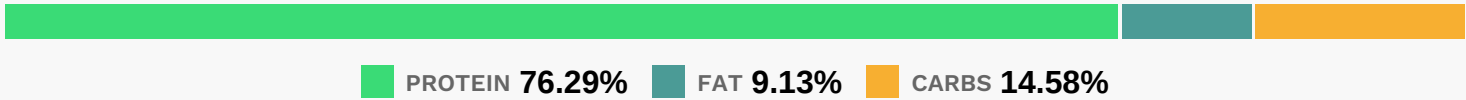
Equipment

☐ bowl

Directions

☐ Cut tuna into 1/2 inch cubes, and place into a bowl. Stir in the onion, green onions, ginger, jalapeno, lemon juice, and soy sauce; mix to combine. Cover and refrigerate for 2 to 3 hours. Taste before serving and add more lemon juice or soy sauce as needed.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:11.908260936322%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 88.88kcal (4.44%), Fat: 0.88g (1.35%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.24g (1.38%), Cholesterol: 30.62mg (10.21%), Sodium: 208.86mg (9.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.54g (33.07%), Selenium: 57.8µg (82.57%), Vitamin B3: 8.56mg (42.79%), Vitamin B12: 2.19µg (36.43%), Vitamin B6: 0.32mg (15.77%), Vitamin C: 11.97mg (14.5%), Phosphorus: 125.13mg (12.51%), Vitamin K: 10.19µg (9.7%), Iron: 1.55mg (8.62%), Vitamin D: 1.02µg (6.8%), Potassium: 211.51mg (6.04%), Magnesium: 23.86mg (5.96%), Vitamin B2: 0.08mg (4.86%), Zinc: 0.62mg (4.13%), Folate: 13.07µg (3.27%), Vitamin E: 0.46mg (3.06%), Copper: 0.06mg (2.84%), Vitamin B1: 0.04mg (2.66%), Vitamin A: 132.26IU (2.65%), Manganese: 0.05mg (2.52%), Calcium: 23.28mg (2.33%), Fiber: 0.52g (2.07%), Vitamin B5: 0.18mg (1.81%)