



Fresh Tuna Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce ahi tuna steak cut into 3/4-inch pieces
- ☐ 1 teaspoon chipotle sauce canned minced
- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 0.3 cup onion red chopped
- ☐ 0.3 cup cream sour
- ☐ 1 tablespoon taco seasoning
- ☐ 4 taco shells
- ☐ 1 tablespoon vegetable oil

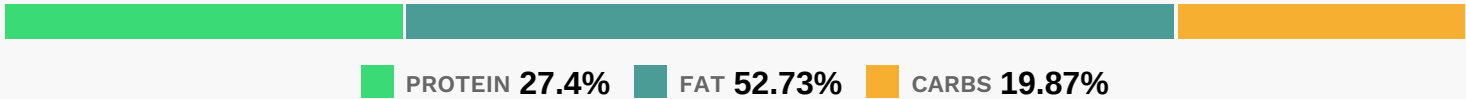
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Mix first 4 ingredients in small bowl.
- ☐ Place tuna in medium bowl; sprinkle with taco seasoning.
- ☐ Heat oil in heavy medium skillet over medium-high heat.
- ☐ Add tuna; sauté to desired doneness, about 3 minutes for medium. Reduce heat to medium-low. Stir in sour cream mixture. Cook just until heated through, stirring frequently, about 2 minutes (do not boil).
- ☐ Heat taco shells in microwave 20 seconds. Fill taco shells with tuna mixture.
- ☐ *Chipotle chilies canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:4.84, Inflammation Score:-8, Nutrition Score:14.056956405225%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 216.07kcal (10.8%), Fat: 12.58g (19.35%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 10.67g (3.56%), Net Carbohydrates: 9.21g (3.35%), Sugar: 1.89g (2.1%), Cholesterol: 32.85mg (10.95%), Sodium: 118.96mg (5.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.41%), Vitamin B12: 5.39µg (89.78%), Selenium: 22.03µg (31.48%), Vitamin A: 1438.26IU (28.77%), Vitamin B3: 5.16mg (25.82%), Vitamin D: 3.23µg (21.55%), Phosphorus: 189.59mg (18.96%), Vitamin B6: 0.3mg (15.13%), Vitamin B1: 0.17mg (11.41%), Vitamin B2: 0.19mg (11.02%),

Magnesium: 41.3mg (10.33%), Vitamin K: 8.54µg (8.14%), Vitamin B5: 0.68mg (6.76%), Vitamin E: 1.01mg (6.73%), Potassium: 210.72mg (6.02%), Fiber: 1.45g (5.81%), Iron: 0.86mg (4.77%), Manganese: 0.09mg (4.66%), Zinc: 0.62mg (4.1%), Calcium: 38.4mg (3.84%), Copper: 0.07mg (3.52%), Folate: 12.65µg (3.16%), Vitamin C: 1.27mg (1.55%)