



Fresh tuna tortillas



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 2 large ahi tuna steak
- ☐ 1 pinch ground pepper
- ☐ 1 tsp ground cumin
- ☐ 4 tortillas soft
- ☐ 1 avocado sliced
- ☐ 2 tomatoes sliced
- ☐ 1 juice of lime

☐ 1 handful cilantro leaves chopped

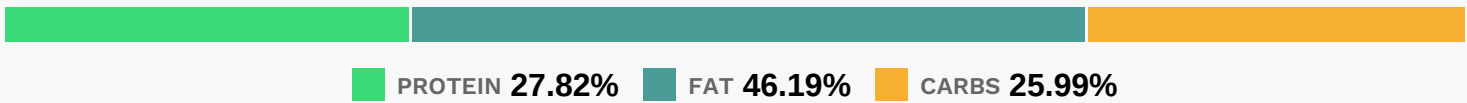
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Rub oil over each steak, then sprinkle with the spices.
- ☐ Heat a griddle pan until hot, then cook the steaks on one side for 2 mins. Turn and cook for 1-2 mins more.
- ☐ Cut into strips.
- ☐ Heat the tortillas for 30 secs in a microwave until soft. Pile tuna, avocado and tomatoes on top of each, then squeeze over the lime juice and scatter with coriander. Dollop soured cream on top, if you like, then roll up and eat.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:5.69, Inflammation Score:-9, Nutrition Score:26.835652309915%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 340.67kcal (17.03%), Fat: 17.7g (27.23%), Saturated Fat: 3.39g (21.16%), Carbohydrates: 22.4g (7.47%), Net Carbohydrates: 17.13g (6.23%), Sugar: 3.21g (3.57%), Cholesterol: 32.3mg (10.77%), Sodium: 262mg (11.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.98g (47.96%), Vitamin B12: 8.02µg (133.59%), Selenium: 37.96µg (54.23%), Vitamin A: 2529.19IU (50.58%), Vitamin B3: 9.97mg (49.84%), Vitamin D: 4.84µg (32.3%),

Phosphorus: 322.69mg (32.27%), Vitamin B6: 0.59mg (29.5%), Vitamin B1: 0.42mg (27.86%), Vitamin E: 3.73mg (24.84%), Vitamin B2: 0.38mg (22.33%), Fiber: 5.27g (21.09%), Folate: 81.27µg (20.32%), Vitamin K: 20.95µg (19.95%), Vitamin C: 16.03mg (19.43%), Potassium: 664.6mg (18.99%), Magnesium: 73.17mg (18.29%), Vitamin B5: 1.71mg (17.13%), Manganese: 0.33mg (16.26%), Iron: 2.76mg (15.31%), Copper: 0.24mg (12.24%), Zinc: 1.13mg (7.54%), Calcium: 69.19mg (6.92%)