



Hawaiian Poke- Traditional Style



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



211 kcal

Ingredients

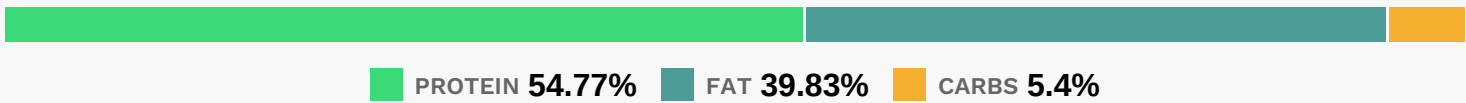
- ☐ 1 pound sashimi-grade ahi cut into 3/4-inch dice)
- ☐ 1 tablespoon sesame oil
- ☐ 0.3 cup green onion minced
- ☐ 0.5 cup onion cut in 1/4-inch dice)
- ☐ 4 servings hawaiian pink salt to taste
- ☐ 0.5 cup kohiu seaweed rinsed chopped (and)
- ☐ 3 tablespoon soya sauce
- ☐ 4 servings inamona (as garnish)
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Equipment

Directions

- ☐ Place all the ingredients except salt and inamona. Chill well.
- ☐ Garnish with inamona.
- ☐ Serve with salt on the side

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:22.034782611805%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 211kcal (10.55%), Fat: 9.1g (14%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 2.78g (0.93%), Net Carbohydrates: 2.32g (0.84%), Sugar: 1.38g (1.54%), Cholesterol: 43.09mg (14.36%), Sodium: 996.18mg (43.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.16g (56.32%), Vitamin B12: 10.69µg (178.22%), Selenium: 41.64µg (59.49%), Vitamin B3: 10.41mg (52.05%), Vitamin A: 2538.72IU (50.77%), Vitamin D: 6.46µg (43.09%), Phosphorus: 313.56mg (31.36%), Vitamin B6: 0.57mg (28.64%), Vitamin B1: 0.29mg (19.55%), Vitamin B2: 0.32mg (18.53%), Magnesium: 65.91mg (16.48%), Vitamin K: 15.91µg (15.15%), Vitamin B5: 1.27mg (12.74%), Vitamin E: 1.79mg (11.94%), Potassium: 356.03mg (10.17%), Iron: 1.64mg (9.12%), Copper: 0.13mg (6.65%), Manganese: 0.11mg (5.57%), Zinc: 0.8mg (5.31%), Folate: 14.42µg (3.61%), Vitamin C: 2.15mg (2.61%), Calcium: 21.44mg (2.14%), Fiber: 0.46g (1.83%)