



Hawaiian Poke- Wasabi Ono with Tobiko



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoon sesame seed black
- ☐ 1 clove garlic & minced peeled
- ☐ 1 tablespoon ginger grated peeled
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1 juice of lime
- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 1 tablespoon lemonngrass inner parts only white minced
- ☐ 0.5 cup onion red chopped

- ☐ 0.5 cup ogo seaweed rinsed chopped
- ☐ 1 teaspoon sesame oil
- ☐ 1 tablespoon wasabi prepared

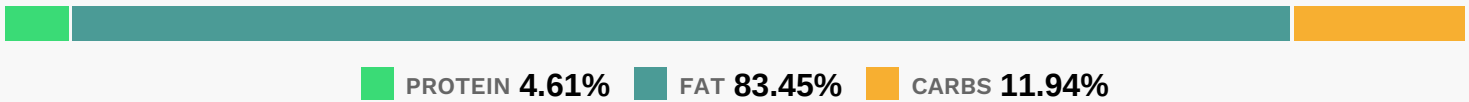
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Put the ginger, garlic, lemongrass, and lime juice into the bowl of a mini food processor. With the machine running slowly pour the peanut oil into the machine. Process until a thick emulsification forms.
- ☐ Add the sesame oil, wasabi, salt and pepper to taste.
- ☐ Add the dressing to the bowl with the ono mixture and gently fold the ingredients together until the fish is well-coated but not wet. You may not use all the dressing. Cover and chill.
- ☐ Serve with a bit more ogo as garnish.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.78, Inflammation Score:-3, Nutrition Score:5.0126086214314%

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 Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 174.88kcal (8.74%), Fat: 16.77g (25.8%), Saturated Fat: 2.78g (17.37%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 4.04g (1.47%), Sugar: 1.17g (1.3%), Cholesterol: 2.11mg (0.7%), Sodium: 6.35mg (0.28%), Alcohol: Og

(100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Vitamin E: 2.21mg (14.73%), Vitamin K: 13.72µg (13.07%), Copper: 0.2mg (9.82%), Manganese: 0.17mg (8.45%), Vitamin C: 6.82mg (8.26%), Magnesium: 22.88mg (5.72%), Calcium: 57.12mg (5.71%), Fiber: 1.36g (5.42%), Vitamin B6: 0.1mg (5.16%), Iron: 0.87mg (4.81%), Phosphorus: 47.2mg (4.72%), Vitamin B12: 0.26µg (4.41%), Vitamin B1: 0.06mg (3.8%), Folate: 14.74µg (3.69%), Selenium: 2.52µg (3.6%), Zinc: 0.52mg (3.45%), Potassium: 118.27mg (3.38%), Vitamin B3: 0.57mg (2.83%), Vitamin B2: 0.03mg (1.98%), Vitamin A: 68.93IU (1.38%)