



 **53%**
HEALTH SCORE

Johnny Garlic's Ahi Won Tacos

READY IN



15 min.

SERVINGS



1

CALORIES



2159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounces sashimi grade ahi tuna diced
- 1 cup canola oil
- 0.5 teaspoon chili flakes
- 1 tablespoon cilantro leaves finely chopped
- 1 ounce eel sauce
- 1 teaspoon garlic minced
- 1 teaspoon ginger minced
- 1 cup heavy cream
- 1 teaspoon jalapeño diced seeded finely

- 0.3 cup jicama diced peeled
- 1 teaspoon juice of lemon freshly squeezed
- 1 cup mangos peeled cut into 1/4-inch cubes
- 3 ounces pea shoots
- 4 pot sticker wrappers
- 0.3 cup onion diced red ()
- 2 tablespoons rice vinegar
- 0.3 teaspoon sea salt fine
- 2 tablespoons sesame oil
- 2 tablespoons cup heavy whipping cream sour
- 1 cup soya sauce
- 2 tablespoons sugar
- 1 tablespoon chili sauce sweet
- 0.3 teaspoon wasabi powder
- 2 tablespoons wasabi powder

Equipment

- bowl
- whisk
- pot
- blender

Directions

- Watch how to make this recipe.
- In a deep-fryer or heavy-bottomed pot, heat the canola oil to 360 degrees F. Fold the pot sticker skins to create a taco shape and fry in the canola oil. Set aside to cool.
- In a small bowl, gently toss the tuna, Mango Jicama Salsa and Sweet Soy Sauce. Fill each taco shell with 1/4 of the mixture, and finish with a 1/2-ounce drizzle of the Wasabi Cream.
- To serve, arrange the tacos over a bed of the pea shoots and dress with the eel sauce.

- In a small bowl, gently stir all of the ingredients together. Allow the flavors to marry for 20 minutes before serving.
- Whisk all ingredients in a small bowl until well combined.
- Let the mixture sit in the refrigerator for 15 minutes or until ready to serve.
- Combine all of the ingredients in a mixer fitted with a paddle attachment. Whip on high until the mixture forms hard peaks, about 5 minutes. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:337.84, Glycemic Load:31.27, Inflammation Score:-10, Nutrition Score:59.225217902142%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg

Nutrients (% of daily need)

Calories: 2159.12kcal (107.96%), Fat: 171.8g (264.3%), Saturated Fat: 66.22g (413.88%), Carbohydrates: 106.94g (35.65%), Net Carbohydrates: 97.95g (35.62%), Sugar: 69.33g (77.03%), Cholesterol: 343.07mg (114.36%), Sodium: 14032.5mg (610.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.85g (117.7%), Vitamin C: 143.73mg (174.22%), Vitamin A: 8396.4IU (167.93%), Vitamin B12: 6.63µg (110.57%), Vitamin E: 14.44mg (96.28%), Vitamin B3: 18.38mg (91.92%), Vitamin D: 13.65µg (90.97%), Manganese: 1.69mg (84.33%), Phosphorus: 747.62mg (74.76%), Vitamin B2: 1.22mg (72.05%), Selenium: 43.28µg (61.82%), Vitamin B6: 1.21mg (60.72%), Vitamin K: 54.19µg (51.61%), Magnesium: 187.94mg (46.99%), Iron: 8.44mg (46.88%), Folate: 171.39µg (42.85%), Potassium: 1495.81mg (42.74%), Fiber: 10.53g (42.11%), Vitamin B1: 0.62mg (41.41%), Copper: 0.7mg (35.24%), Calcium: 309.13mg (30.91%), Vitamin B5: 2.73mg (27.27%), Zinc: 3.2mg (21.32%)