



Mermaid Barbie - Tuna Tartare



Dairy Free

READY IN

ready

35 min.

SERVINGS

servings

15

CALORIES

calories

84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces thick ahi tuna
- ☐ 1 cup canola oil for frying
- ☐ 1 teaspoon fish sauce
- ☐ 5 small flour tortillas
- ☐ 10 cilantro leaves fresh for garnish
- ☐ 1 teaspoon ginger fresh grated
- ☐ 4 tablespoons green onions chopped
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 2 tablespoons soya sauce light
- ☐ 1 teaspoon rice wine vinegar
- ☐ 15 servings salt and pepper black freshly ground
- ☐ 1 teaspoon sesame oil

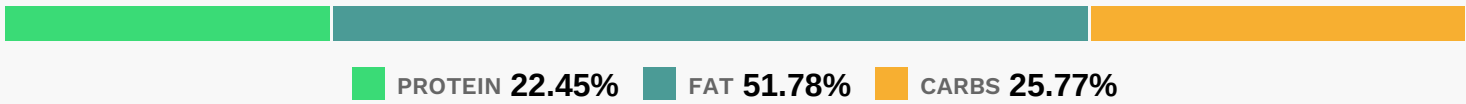
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pastry cutter

Directions

- ☐ To make the tortilla disks, take a round pastry cutter and cut out small 2-inch disks from the flour tortillas.
- ☐ Heat a large skillet over medium heat, add the canola oil. When the oil is hot, add the tortilla disks, turning quickly until golden brown.
- ☐ Remove to paper towels and allow to cool.
- ☐ To make the tuna tartar: In a medium bowl, mix all the other ingredients together, except the cilantro, and allow to marinate 5 minutes before you serve.
- ☐ Place in the refrigerator until ready to serve.
- ☐ To finish, strain the excess liquid from the tuna mixture.
- ☐ Place a little of the tuna mixture on top of each tortilla disk, garnish with cilantro leaves and serve on a platter.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.62, Inflammation Score:-4, Nutrition Score:5.2334781470506%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 84.09kcal (4.2%), Fat: 4.81g (7.4%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 4.91g (1.79%), Sugar: 0.5g (0.55%), Cholesterol: 5.75mg (1.92%), Sodium: 245.88mg (10.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.39%), Vitamin B12: 1.43µg (23.8%), Selenium: 7.83µg (11.19%), Vitamin K: 10.49µg (10%), Vitamin B3: 1.88mg (9.4%), Vitamin A: 436.62IU (8.73%), Phosphorus: 63.65mg (6.37%), Vitamin B1: 0.09mg (6.02%), Vitamin D: 0.86µg (5.75%), Vitamin E: 0.72mg (4.81%), Vitamin B2: 0.07mg (4.34%), Manganese: 0.09mg (4.31%), Vitamin B6: 0.08mg (4.24%), Iron: 0.64mg (3.53%), Folate: 12.35µg (3.09%), Magnesium: 12.36mg (3.09%), Potassium: 70.78mg (2.02%), Vitamin B5: 0.2mg (1.97%), Fiber: 0.48g (1.91%), Calcium: 19.03mg (1.9%), Copper: 0.03mg (1.65%), Zinc: 0.17mg (1.13%), Vitamin C: 0.93mg (1.12%)