



Mexican Tuna Tostadas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon chiles in adobo sauce
- ☐ 1 avocado cut into 1/4-inch cubes
- ☐ 3 tablespoons canola oil
- ☐ 0.5 teaspoon chipotle sauce finely chopped
- ☐ 8 6-inch corn tortillas (es each)
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 tablespoons pumpkin seeds hulled

- ☐ 0.8 teaspoon salt
- ☐ 3 spring onion green thinly sliced (part only)
- ☐ 0.3 teaspoon sugar
- ☐ 1 tablespoon tequila
- ☐ 1 pound tuna cut into 1/4-inch cubes

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ cookie cutter

Directions

- ☐ Heat oven to 350°F.
- ☐ Cut 2 rounds from each tortilla with a 3-inch cookie cutter.
- ☐ Brush both sides of tortillas with 1 tablespoon of oil and sprinkle with 1/2 teaspoon of salt.
- ☐ Place rounds in 1 layer on cookie sheets; bake until crisp and edges are golden, 10 to 12 minutes.
- ☐ Remove from oven.
- ☐ Whisk chipotle, remaining 2 tablespoon oil, lime juice, tequila, adobo sauce, cumin, sugar and remaining 1/4 teaspoon salt in a bowl.
- ☐ Place tuna, avocado, 2/3 of scallions and 2 tablespoons of pumpkin seeds in another bowl.
- ☐ Pour dressing over top and gently stir to coat, trying not to break up avocado. Spoon tuna mixture onto tortilla rounds. Top with remaining 1 tablespoon pumpkin seeds and remaining 1/3 of scallions.
- ☐ Self

Nutrition Facts



 **PROTEIN 24.76%**  **FAT 48.29%**  **CARBS 26.95%**

Properties

Glycemic Index:27.82, Glycemic Load:5.39, Inflammation Score:-5, Nutrition Score:13.320869694585%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 224.8kcal (11.24%), Fat: 12.17g (18.73%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 11.5g (4.18%), Sugar: 0.88g (0.97%), Cholesterol: 20.41mg (6.8%), Sodium: 410.8mg (17.86%), Alcohol: 0.63g (100%), Alcohol %: 0.62% (100%), Protein: 14.05g (28.1%), Selenium: 40.53µg (57.9%), Vitamin B3: 6.68mg (33.38%), Vitamin B12: 1.46µg (24.29%), Phosphorus: 221.63mg (22.16%), Vitamin K: 18.77µg (17.88%), Magnesium: 62.98mg (15.75%), Manganese: 0.31mg (15.73%), Vitamin B6: 0.31mg (15.65%), Fiber: 3.78g (15.13%), Vitamin E: 1.83mg (12.17%), Iron: 1.9mg (10.56%), Potassium: 320.06mg (9.14%), Copper: 0.17mg (8.59%), Zinc: 1.2mg (7.98%), Folate: 29.39µg (7.35%), Vitamin B2: 0.11mg (6.27%), Vitamin C: 4.58mg (5.55%), Vitamin B5: 0.5mg (4.97%), Vitamin B1: 0.07mg (4.86%), Vitamin D: 0.68µg (4.54%), Calcium: 41.46mg (4.15%), Vitamin A: 119.13IU (2.38%)