



Poisson Cru



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



219 kcal

Ingredients

- ☐ 0.8 cup coconut milk
- ☐ 1 cup japanese cucumber diced
- ☐ 1 pound sashimi-grade fish raw cut into 3/4-inch dice
- ☐ 4 servings green onions thinly sliced
- ☐ 0.5 cup juice of lime
- ☐ 1 cup onion cut in 1/4-inch dice
- ☐ 4 servings salt to taste

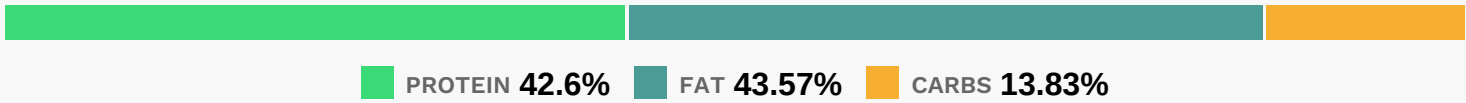
Equipment

- ☐ bowl

Directions

- ☐ Put the cubed fish into a bowl and mix it with the lime juice. Marinate it for about 5 minutes. This is all the “cooking” the fish will need.
- ☐ Pour off all but about 2 tablespoons of the lime juice.
- ☐ Add the onion, bell pepper, tomato, cucumber, and coconut milk to the bowl. Salt to taste and garnish with green onion.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.32, Inflammation Score:-5, Nutrition Score:15.133478278699%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 218.61kcal (10.93%), Fat: 11.08g (17.05%), Saturated Fat: 8.69g (54.3%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 7.05g (2.56%), Sugar: 3.12g (3.46%), Cholesterol: 56.7mg (18.9%), Sodium: 263.7mg (11.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.76%), Selenium: 47.7µg (68.14%), Vitamin B12: 1.79µg (29.86%), Phosphorus: 257.69mg (25.77%), Vitamin B3: 4.84mg (24.18%), Vitamin D: 3.52µg (23.44%), Manganese: 0.44mg (21.88%), Potassium: 580.5mg (16.59%), Vitamin C: 13.61mg (16.5%), Vitamin K: 16.7µg (15.91%), Magnesium: 61.33mg (15.33%), Vitamin B6: 0.28mg (13.98%), Folate: 53.87µg (13.47%), Iron: 2.33mg (12.93%), Copper: 0.24mg (11.94%), Vitamin B5: 0.78mg (7.78%), Vitamin B1: 0.09mg (6.23%), Vitamin B2: 0.1mg (5.71%), Zinc: 0.77mg (5.12%), Calcium: 40.3mg (4.03%), Vitamin E: 0.57mg (3.81%), Fiber: 0.87g (3.48%), Vitamin A: 99.29IU (1.99%)