



Poisson Cru with Coconut Milk and Lime



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup inch-diced carrots peeled
- ☐ 1 cup coconut milk fresh
- ☐ 0.3 cup inch-diced cucumber peeled seeded
- ☐ 3 tablespoons juice of lime
- ☐ 4 servings pepper freshly ground
- ☐ 1 tablespoon scallion finely chopped
- ☐ 4 servings sea salt
- ☐ 2 tomatoes peeled seeded cut into 2-inch dice, or cherry tomatoes cut in half

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1 pound sashimi-grade yellowfin tuna fillets fresh cut into 1/2-inch dice

Equipment

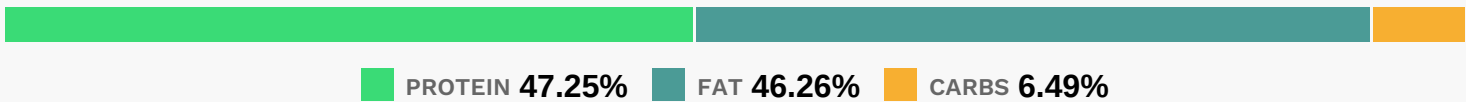
☐

bowl

Directions

- ☐ In a bowl, combine the tuna, lemon juice and some salt and let marinate for 5 minutes.
- ☐ Drain the lemon juice and add the coconut milk, carrots, cucumbers and tomatoes to the bowl.
- ☐ Mix together and add salt and pepper to taste.
- ☐ Serve in a bowl (or half fresh coconut shell if possible) add the scallions on top.

Nutrition Facts



Properties

Glycemic Index:55.71, Glycemic Load:1.85, Inflammation Score:-8, Nutrition Score:22.405217429866%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 244.26kcal (12.21%), Fat: 12.66g (19.48%), Saturated Fat: 10.89g (68.06%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 3.54g (1.29%), Sugar: 0.93g (1.03%), Cholesterol: 44.23mg (14.74%), Sodium: 259.27mg (11.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.1g (58.2%), Selenium: 102.82µg (146.89%), Vitamin B3: 21.49mg (107.45%), Vitamin B6: 1.1mg (55.06%), Vitamin B12: 2.36µg (39.31%), Phosphorus: 378.7mg (37.87%), Vitamin A: 1473.2IU (29.46%), Manganese: 0.49mg (24.53%), Potassium: 698.49mg (19.96%), Magnesium: 69.78mg (17.44%), Iron: 2.88mg (16.01%), Vitamin D: 1.93µg (12.85%), Vitamin B1: 0.16mg (10.73%), Copper: 0.19mg (9.42%), Vitamin C: 6.9mg (8.36%), Vitamin B2: 0.14mg (8.36%), Zinc: 0.8mg (5.32%), Vitamin K: 5.34µg (5.09%), Vitamin B5: 0.47mg (4.73%), Folate: 16.07µg (4.02%), Vitamin E: 0.41mg (2.73%), Calcium: 22.66mg (2.27%), Fiber: 0.45g (1.8%)