



Tuna and Avocado Tartare Tostada

 Dairy Free

READY IN



40 min.

SERVINGS



32

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado pitted ripe peeled chopped
- ☐ 32 servings canola oil for frying
- ☐ 2 tablespoons capers drained
- ☐ 1 tablespoon chipotle pepper puree (from chipotles in adobo sauce)
- ☐ 4 2-inch flour tortillas cut into by 1-inch rectangles
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup green onion finely sliced
- ☐ 1 haas avocados diced pitted ripe peeled finely

- ☐ 2 teaspoons honey
- ☐ 32 servings kosher salt
- ☐ 32 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 tablespoons mustard oil
- ☐ 1 tablespoon olive oil
- ☐ 12 ounces sushi grade tuna diced finely

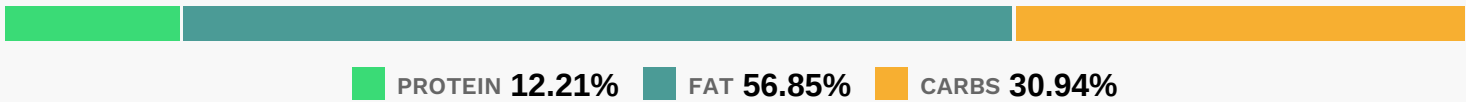
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender

Directions

- ☐ Heat the oil in a heavy, high-sided pan to 350 degrees F. Fry the tortilla pieces a few at a time until lightly golden brown and crisp.
- ☐ Drain on a plate lined with paper towels and season with salt.
- ☐ Combine all ingredients in a blender and blend until smooth.
- ☐ Combine tuna, mustard oil, olive oil, capers, chipotle, cilantro, and green onion in a large bowl. Gently fold in the avocado and season with salt and pepper, to taste.
- ☐ Place each of the fried tortilla pieces on a plate and spread with a small dollop of the avocado butter. Top the butter with some of the tuna tartare. Repeat with the remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:2.53, Inflammation Score:-2, Nutrition Score:4.3791304204775%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 112.25kcal (5.61%), Fat: 7.21g (11.09%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 7.37g (2.68%), Sugar: 1.05g (1.16%), Cholesterol: 3.83mg (1.28%), Sodium: 336.9mg (14.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.97%), Selenium: 10.46µg (14.94%), Vitamin B3: 1.91mg (9.57%), Vitamin K: 7.97µg (7.59%), Folate: 24.8µg (6.2%), Fiber: 1.46g (5.83%), Vitamin E: 0.86mg (5.75%), Vitamin B1: 0.08mg (5.62%), Manganese: 0.11mg (5.3%), Phosphorus: 51.18mg (5.12%), Vitamin B12: 0.27µg (4.55%), Iron: 0.81mg (4.51%), Vitamin B2: 0.07mg (3.95%), Vitamin B6: 0.08mg (3.81%), Potassium: 103.25mg (2.95%), Calcium: 25.8mg (2.58%), Magnesium: 9.85mg (2.46%), Copper: 0.05mg (2.42%), Vitamin C: 1.86mg (2.25%), Vitamin B5: 0.22mg (2.18%), Zinc: 0.23mg (1.56%)