



Tuna and Tofu Cold Dish

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 silken tofu
- 1 can water-packed tuna
- 4 servings sesame seed diced white toasted
- 1 Dash pepper white
- 4 servings sauce
- 3 tbsp olive oil extra virgin
- 2 tsp vinegar
- 2 tsp soy sauce light

2 tsp garlic chopped

1 Dash pepper black

Equipment

Directions

Cut tofu into small blocks.

Remove water from tuna and squash tuna slightly and mix with a dash of white pepper and pinch of salt. Slice cherry tomatoes thinly.

Place tofu on serving plate with sliced cherry tomatoes and tuna on top.

Drizzle the sauce over it and sprinkle with toasted sesame seeds and diced spring onion and serve immediately.

Nutrition Facts

 **PROTEIN 21.41%**  **FAT 72.08%**  **CARBS 6.51%**

Properties

Glycemic Index:40.5, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:9.5452173913043%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 183.54kcal (9.18%), Fat: 14.9g (22.93%), Saturated Fat: 2.1g (13.16%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.33g (0.36%), Cholesterol: 15.3mg (5.1%), Sodium: 274.08mg (11.92%), Protein: 9.96g (19.92%), Selenium: 31.81µg (45.44%), Vitamin B3: 4.71mg (23.54%), Vitamin B12: 1.09µg (18.2%), Copper: 0.36mg (17.95%), Manganese: 0.26mg (12.93%), Phosphorus: 115.48mg (11.55%), Iron: 2.07mg (11.5%), Vitamin E: 1.67mg (11.16%), Vitamin B6: 0.22mg (11.15%), Magnesium: 39.84mg (9.96%), Calcium: 89.97mg (9%), Zinc: 0.94mg (6.24%), Vitamin K: 6.47µg (6.16%), Vitamin B1: 0.08mg (5.41%), Fiber: 1.07g (4.28%), Vitamin B2: 0.06mg (3.6%), Potassium: 125.78mg (3.59%), Vitamin D: 0.51µg (3.4%), Folate: 10.07µg (2.52%)