



Tuna Ceviche Cone



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon ginger minced
- ☐ 1 green onion minced
- ☐ 1 juice of lemon juiced
- ☐ 1 juice of lime juiced
- ☐ 3 teaspoons onion red minced
- ☐ 2 teaspoons rice wine vinegar
- ☐ 1 tablespoon sugar
- ☐ 8 ounces sushi grade tuna fresh

- ☐ 6 waffle cones store-bought
- ☐ 2 sprigs each chopped

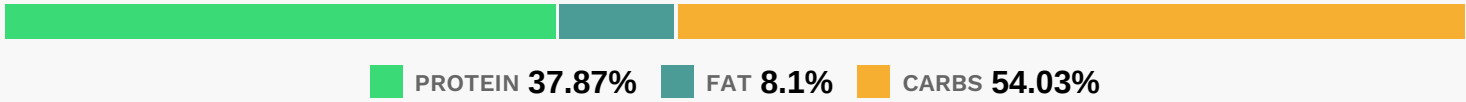
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Dice the tuna, against grain, into 1/4-inch cubes. In a bowl combine the lemon juice, lime juice and sugar. Stir in the vinegar and whisk until incorporated.
- ☐ Add the diced tuna, the ginger, red onion, green onion and herbs. Allow the tuna to marinate* for up to 1 hour.
- ☐ Drain the excess liquid from the tuna, scoop into cones and serve.
- ☐ *The marinating of the tuna with the fresh juices and sugar will be the cooking or curing process for the tuna

Nutrition Facts



Properties

Glycemic Index:50.35, Glycemic Load:7.72, Inflammation Score:-2, Nutrition Score:6.3173913800198%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 86.05kcal (4.3%), Fat: 0.77g (1.18%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 11.53g (3.84%), Net Carbohydrates: 11.22g (4.08%), Sugar: 4.87g (5.42%), Cholesterol: 13.61mg (4.54%), Sodium: 113.53mg (4.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Selenium: 26.16µg (37.38%), Vitamin B3: 4.29mg (21.45%), Vitamin B12: 0.97µg (16.19%), Vitamin B6: 0.13mg (6.72%), Phosphorus: 64.75mg (6.48%), Vitamin K: 6.7µg

(6.38%), Iron: 1.13mg (6.28%), Vitamin C: 4.1mg (4.97%), Folate: 18.98µg (4.74%), Manganese: 0.09mg (4.56%), Vitamin B2: 0.08mg (4.5%), Vitamin B1: 0.07mg (4.47%), Magnesium: 13.35mg (3.34%), Vitamin D: 0.45µg (3.02%), Potassium: 104.32mg (2.98%), Copper: 0.05mg (2.59%), Zinc: 0.35mg (2.3%), Vitamin A: 94.29IU (1.89%), Calcium: 14.54mg (1.45%), Vitamin E: 0.18mg (1.21%), Fiber: 0.3g (1.21%), Vitamin B5: 0.12mg (1.19%)