



## Tuna-Guacamole Tacos

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 avocados ripe peeled mashed
- 8 6-inch corn tortillas ()
- 0.8 teaspoon kosher salt divided
- 1 tablespoon juice of lime fresh
- 0.5 cup onion red thinly sliced
- 20 ounce yellowfin tuna steaks ()

### Equipment

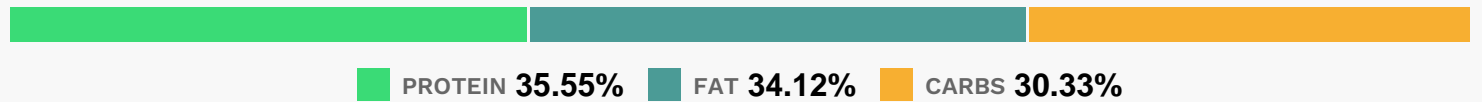
- frying pan

grill pan

## Directions

- Combine the onion, lime juice, 1/4 teaspoon salt, and avocados.
- Heat a grill pan over medium-high heat; coat pan with cooking spray.
- Sprinkle tuna with remaining 1/2 teaspoon salt.
- Add tuna to pan; cook 4 minutes on each side or to desired degree of doneness.
- Cut tuna into 1/4-inch-thick slices. Warm tortillas according to the package directions. Divide avocado mixture evenly among tortillas. Divide tuna evenly among tortillas.

## Nutrition Facts



## Properties

Glycemic Index:29.38, Glycemic Load:11.21, Inflammation Score:-8, Nutrition Score:31.480869438337%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

## Nutrients (% of daily need)

Calories: 437.6kcal (21.88%), Fat: 16.97g (26.11%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 33.95g (11.32%), Net Carbohydrates: 23.58g (8.58%), Sugar: 2.03g (2.26%), Cholesterol: 55.28mg (18.43%), Sodium: 531.12mg (23.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.8g (79.59%), Selenium: 132.1µg (188.72%), Vitamin B3: 28.78mg (143.9%), Vitamin B6: 1.72mg (86%), Phosphorus: 615.92mg (61.59%), Vitamin B12: 2.95µg (49.14%), Fiber: 10.36g (41.46%), Potassium: 1242.93mg (35.51%), Magnesium: 118.51mg (29.63%), Folate: 91.01µg (22.75%), Vitamin K: 21.35µg (20.33%), Vitamin B2: 0.33mg (19.61%), Vitamin B1: 0.29mg (19.57%), Vitamin B5: 1.88mg (18.79%), Manganese: 0.36mg (17.77%), Vitamin E: 2.58mg (17.19%), Copper: 0.33mg (16.56%), Vitamin D: 2.41µg (16.06%), Vitamin C: 12.65mg (15.34%), Iron: 2.33mg (12.96%), Zinc: 1.89mg (12.58%), Calcium: 65.24mg (6.52%), Vitamin A: 235.09IU (4.7%)