



WHATSheATE



HEALTH SCORE

53%

Tuna Poke



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound thick ahi tuna raw cut into 1/2-in. cubes
- ☐ 1 teaspoon chili oil
- ☐ 2 tablespoons cilantro leaves roughly chopped
- ☐ 1 garlic clove minced
- ☐ 1 spring onion sliced
- ☐ 3 tablespoons soy sauce reduced-sodium
- ☐ 2 tablespoons ponzu sauce
- ☐ 1 tablespoon sesame oil toasted

☐ 1 teaspoon sesame seed toasted

Equipment

☐ bowl

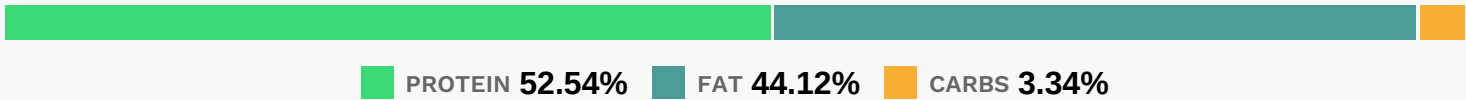
Directions

☐ Mix all ingredients together in a medium bowl.

☐ Serve with rice crackers.

☐ *Find ponzu in the Asian-foods aisle.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.09, Inflammation Score:-8, Nutrition Score:15.576086865819%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 144.92kcal (7.25%), Fat: 6.9g (10.62%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.09g (0.1%), Cholesterol: 28.73mg (9.58%), Sodium: 431.35mg (18.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.49g (36.98%), Vitamin B12: 7.13µg (118.82%), Selenium: 27.83µg (39.76%), Vitamin A: 1679.33IU (33.59%), Vitamin B3: 6.66mg (33.32%), Vitamin D: 4.31µg (28.73%), Phosphorus: 208.97mg (20.9%), Vitamin B6: 0.37mg (18.35%), Vitamin B1: 0.19mg (12.68%), Vitamin B2: 0.21mg (12.48%), Magnesium: 45.05mg (11.26%), Vitamin B5: 0.83mg (8.28%), Potassium: 228.46mg (6.53%), Vitamin E: 0.93mg (6.22%), Iron: 0.97mg (5.4%), Vitamin K: 5.28µg (5.03%), Copper: 0.09mg (4.3%), Zinc: 0.56mg (3.71%), Manganese: 0.07mg (3.28%), Folate: 6.73µg (1.68%), Calcium: 14.14mg (1.41%)