



WHATSheATE

## Tuna Poke



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 cups diagonally cut cucumber peeled ()
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions chopped
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1.5 teaspoons vegetable oil; peanut oil preferred
- ☐ 0.5 pound sushi-grade tuna cut into (1/2-inch) cubes

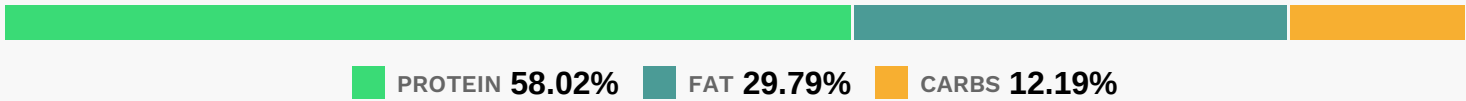
# Equipment

☐ bowl

# Directions

- ☐ Combine the first 7 ingredients in a medium glass bowl. Cover and chill 2 hours.
- ☐ Serve tuna mixture over cucumber.

# Nutrition Facts



# Properties

Glycemic Index:23, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:9.3413043851438%

# Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

# Nutrients (% of daily need)

Calories: 82.29kcal (4.11%), Fat: 2.67g (4.11%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.1g (1.22%), Cholesterol: 20.41mg (6.8%), Sodium: 270.66mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.39%), Selenium: 38.67µg (55.25%), Vitamin B3: 5.73mg (28.67%), Vitamin B12: 1.46µg (24.29%), Vitamin K: 17.93µg (17.08%), Vitamin B6: 0.24mg (11.76%), Phosphorus: 101.83mg (10.18%), Iron: 1.25mg (6.97%), Potassium: 225.61mg (6.45%), Magnesium: 25.33mg (6.33%), Manganese: 0.1mg (4.97%), Vitamin B2: 0.08mg (4.63%), Vitamin D: 0.68µg (4.54%), Folate: 17.39µg (4.35%), Vitamin C: 3.55mg (4.3%), Copper: 0.08mg (4.22%), Zinc: 0.55mg (3.69%), Vitamin E: 0.5mg (3.34%), Vitamin B1: 0.04mg (2.95%), Vitamin A: 142.58IU (2.85%), Fiber: 0.68g (2.71%), Calcium: 26.61mg (2.66%), Vitamin B5: 0.27mg (2.66%)