

Tuna Seviche

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced peeled seeded
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 1 jalapeño minced seeded
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 0.5 cup onion diced red finely
- ☐ 6 servings garnish: rice noodles uncooked
- ☐ 0.3 cup soya sauce

☐ 1 pound tuna cut into 1/2-inch pieces

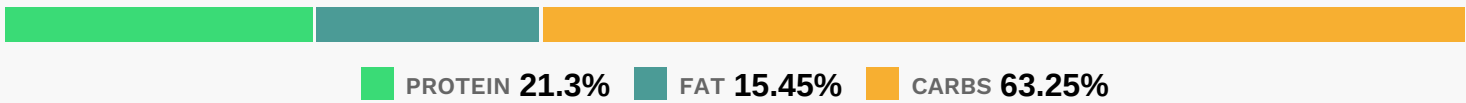
Equipment

☐ bowl

Directions

☐ Combine first 8 ingredients in a stainless steel or glass bowl. Cover and refrigerate 1 hour before serving. Spoon into individual glasses; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:28.25, Inflammation Score:-6, Nutrition Score:17.121739097264%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg Hesperetin: 4.47mg, Hesperetin: 4.47mg, Hesperetin: 4.47mg, Hesperetin: 4.47mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg 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: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 354.88kcal (17.74%), Fat: 6.06g (9.32%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 55.77g (18.59%), Net Carbohydrates: 51.97g (18.9%), Sugar: 3.18g (3.53%), Cholesterol: 27.22mg (9.07%), Sodium: 991.59mg (43.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.56%), Selenium: 60.07µg (85.81%), Vitamin B3: 8.9mg (44.52%), Vitamin B12: 1.94µg (32.38%), Vitamin C: 24.08mg (29.19%), Phosphorus: 235.6mg (23.56%), Manganese: 0.45mg (22.66%), Vitamin B6: 0.41mg (20.32%), Fiber: 3.81g (15.23%), Iron: 2.33mg (12.97%), Potassium: 440.5mg (12.59%), Folate: 47.68µg (11.92%), Magnesium: 46.05mg (11.51%), Copper: 0.19mg (9.4%), Vitamin B2: 0.15mg (9.06%), Zinc: 1.26mg (8.38%), Vitamin B5: 0.75mg (7.48%), Vitamin K: 7.81µg (7.44%), Vitamin E: 1.08mg (7.21%), Vitamin B1: 0.1mg (6.82%), Vitamin D: 0.91µg (6.05%), Vitamin A: 248.49IU (4.97%), Calcium: 43.29mg (4.33%)