

Tuna Tartare

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



50

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3.8 pounds very tuna steak fresh
- 1.5 tablespoons pepper black freshly ground
- 5 hass avocados ripe
- 3.3 tablespoons jalapeno fresh seeds removed minced
- 2.5 tablespoons kosher salt
- 1 cup juice of lime freshly squeezed
- 5 lime zest grated
- 1.3 cups olive oil

- 2 tablespoons pepper sauce red hot
- 1.3 cups scallions white green minced (12 scallions)
- 1.5 tablespoons sesame seed toasted
- 2.5 tablespoons soya sauce
- 2.5 teaspoons wasabi powder

Equipment

- bowl

Directions

- Watch how to make this recipe.
- Cut the tuna into 1/4-inch dice and place it in a very large bowl. In a separate bowl, combine the olive oil, lime zest, lime juice, wasabi, soy sauce, hot red pepper sauce, salt, and pepper.
- Pour over the tuna, add the scallions and jalapeno, and mix well.
- Cut the avocados in half, remove the seed, and peel.
- Cut the avocados into 1/4-inch dice. Carefully mix the avocado into the tuna mixture.
- Add the toasted sesame seeds, if using, and season to taste. Allow the mixture to sit in the refrigerator for at least 1 hour for the flavors to blend.
- Serve on crackers.

Nutrition Facts

PROTEIN 34.33% **FAT 52.46%** **CARBS 13.21%**

Properties

Glycemic Index:4.36, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:9.8065218044364%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 3.32mg, Hesperetin: 3.32mg, Hesperetin: 3.32mg, Hesperetin: 3.32mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 97.48kcal (4.87%), Fat: 5.86g (9.01%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 1.58g (0.58%), Sugar: 0.45g (0.5%), Cholesterol: 12.93mg (4.31%), Sodium: 428.27mg (18.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.24%), Vitamin B12: 3.21µg (53.47%), Selenium: 12.65µg (18.07%), Vitamin B3: 3.39mg (16.95%), Vitamin A: 815.06IU (16.3%), Vitamin D: 1.94µg (12.93%), Vitamin B6: 0.22mg (11.1%), Phosphorus: 102.98mg (10.3%), Vitamin K: 10.6µg (10.1%), Vitamin C: 7.45mg (9.03%), Vitamin B2: 0.12mg (7%), Fiber: 1.73g (6.93%), Vitamin B1: 0.1mg (6.89%), Vitamin B5: 0.67mg (6.7%), Vitamin E: 0.99mg (6.59%), Magnesium: 25.85mg (6.46%), Potassium: 211.57mg (6.04%), Folate: 20.31µg (5.08%), Copper: 0.09mg (4.48%), Manganese: 0.07mg (3.73%), Iron: 0.63mg (3.49%), Zinc: 0.38mg (2.55%), Calcium: 13.59mg (1.36%)