



Wasabi Ahi Tuna Tartare

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



10 min.

SERVINGS



2

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces thick ahi tuna cut into 1/4 inch dice
- 5 ounces baby greens mixed
- 2 tablespoons vegetable oil; peanut oil preferred
- 1 tablespoon wasabi fumi furikake (rice seasoning)
- 0.3 teaspoon wasabi powder

Equipment

- bowl

Directions

- Place the tuna in a small bowl.
- Pour peanut oil over, sprinkle with the wasabi fumi furikake, and wasabi powder. Stir well, cover, and refrigerate until serving.
- To serve, press half of the mixture into a 1/2 cup container and unmold onto a bed of greens. Repeat for second portion.

Nutrition Facts

PROTEIN 36.82% **FAT 59.14%** **CARBS 4.04%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:23.639999818543%

Nutrients (% of daily need)

Calories: 301.8kcal (15.09%), Fat: 19.63g (30.19%), Saturated Fat: 3.8g (23.74%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.77g (1.01%), Sugar: 0g (0%), Cholesterol: 43.09mg (14.36%), Sodium: 63.18mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.49g (54.98%), Vitamin B12: 10.69µg (178.22%), Vitamin A: 3281.7IU (65.63%), Selenium: 41.67µg (59.53%), Vitamin B3: 10.23mg (51.13%), Vitamin D: 6.46µg (43.09%), Phosphorus: 318.17mg (31.82%), Vitamin B6: 0.58mg (29.06%), Vitamin E: 3.33mg (22.21%), Vitamin C: 17.75mg (21.52%), Vitamin B1: 0.3mg (19.91%), Vitamin B2: 0.32mg (19.04%), Magnesium: 66.65mg (16.66%), Vitamin B5: 1.29mg (12.87%), Potassium: 425.42mg (12.15%), Iron: 1.64mg (9.11%), Folate: 29.05µg (7.26%), Copper: 0.14mg (6.89%), Manganese: 0.13mg (6.67%), Zinc: 0.88mg (5.87%), Calcium: 22.29mg (2.23%)