



Healthdor

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Tuna with Avocado ♦♦

A delicious and healthy recipe featuring tuna and avocado. This dish is perfect for a light and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

300 g	Tuna
200 g	Avocado
2 tbsp	lime juice
1 tbsp	olive oil
0.5 tsp	salt
0.5 tsp	pepper

50 g	red onion
10 g	Cilantro
100 g	Tomato

Directions

Step 1

Cut

Dice the tuna into small cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Peel and dice the avocado.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cut

Chop the red onion, cilantro, and tomato.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a bowl, combine the diced tuna, avocado, red onion, cilantro, and tomato.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Mixing

Drizzle with lime juice and olive oil. Season with salt and pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Mixing

Gently toss everything together until well combined.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	8 g	21.05%	32%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	15 mg	0.44%	0.58%
Zinc	10 mg	90.91%	125%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Cuisines

Thai

Course

Salads Sauces & Dressings

Cultural

Diwali

Cost

\$40 to \$50

Demographics

Teen Friendly

Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

The Swiss Secret Diet

The Scarsdale Diet

The Cabbage Soup Diet

The Hallelujah Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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