

Pico de Tuna

Yield: 2 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-tuna-sashimi-recipe>

Ingredients:

- 6 ounces tuna
- 1 inch water
- 1/3 cup chopped onion
- 1/3 cup chopped tomatoes
- 1/3 cup cilantro minced
- 1 jalapeno chilies small, seeded and minced
- pepper
- salt

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 30 milligrams
4. Fat: 4.5 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 1 grams
8. Sodium: 430 milligrams
9. Sugar: 2 grams

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