

 **100%**
HEALTH SCORE

Ahi Tuna Fish Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ahi tuna steaks frozen thick thawed
- 2 heads bok choy chopped
- 1 chayote squash cut into small wedges
- 1 inch ginger thick peeled sliced
- 1 green onions chopped
- 1 tomatoes chopped
- 4 cups water
- 0.5 pound long beans chinese cut into halves

Equipment

pot

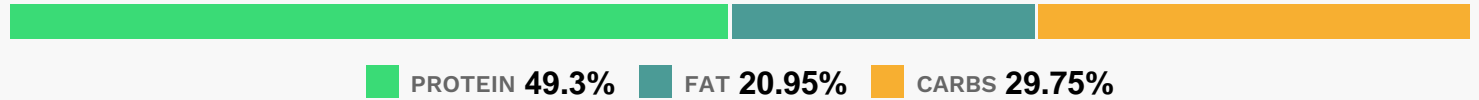
Directions

Put water in a pot; add long beans, chayote, ginger, and green onion. Bring the water to a boil, place a lid on the pot, and reduce heat to medium. Continue cooking until the vegetables are tender, about 8 minutes.

Gently drop tuna steaks into the water; add bok choy and tomato. Return cover to pot, reduce heat to low, and cook until the tuna is cooked through, about 20 minutes.

Remove pot from heat; cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:0.8, Inflammation Score:-10, Nutrition Score:70.791739422342%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 36.51mg, Kaempferol: 36.51mg, Kaempferol: 36.51mg, Kaempferol: 36.51mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 18.3mg, Quercetin: 18.3mg, Quercetin: 18.3mg, Quercetin: 18.3mg

Nutrients (% of daily need)

Calories: 435.63kcal (21.78%), Fat: 10.71g (16.48%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 23.73g (8.63%), Sugar: 12.82g (14.25%), Cholesterol: 64.6mg (21.53%), Sodium: 646.3mg (28.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.69g (113.38%), Vitamin A: 42795.31IU (855.91%), Vitamin C: 414.13mg (501.97%), Vitamin K: 402.19µg (383.04%), Vitamin B12: 16.03µg (267.18%), Folate: 702.94µg (175.73%), Vitamin B6: 2.54mg (126.95%), Vitamin B3: 20.11mg (100.55%), Calcium: 988.74mg (98.87%), Selenium: 68.14µg (97.35%), Manganese: 1.81mg (90.3%), Potassium: 3076.7mg (87.91%), Phosphorus: 839.55mg (83.96%), Magnesium: 316.62mg (79.15%), Vitamin B2: 1.18mg (69.19%), Vitamin D: 9.69µg (64.6%), Vitamin B1: 0.91mg (60.7%), Iron: 9.49mg (52.71%), Fiber: 10.49g (41.94%), Copper: 0.58mg (29.15%), Vitamin B5: 2.82mg (28.24%), Zinc: 3.71mg (24.74%), Vitamin E: 2.91mg (19.4%)