



## Asian Seared Tuna Salad

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

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 teaspoon five-spice powder
- 0.1 teaspoon pepper black freshly ground
- 0.5 cup carrots shredded
- 1 teaspoon sesame oil dark
- 2 teaspoons ginger fresh grated peeled
- 0.5 cup green onions chopped
- 1 tablespoon honey
- 2 tablespoons soya sauce low-sodium

- 1 tablespoon mirin sweet ( rice wine)
- 3 cups napa cabbage shredded chinese ( )
- 2 tablespoons rice vinegar
- 3 cups gourmet salad greens
- 0.3 teaspoon salt
- 1 teaspoon sesame seed toasted
- 2 teaspoons sesame seed toasted
- 1 cup diagonally cut snow peas
- 1.5 pounds yellowfin tuna steaks ( )

## Equipment

- bowl
- frying pan

## Directions

- To prepare salad, combine first 6 ingredients in a small bowl.
- Combine cabbage and next 5 ingredients (cabbage through 2 teaspoons sesame seeds) in a large bowl.
- To prepare tuna, heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Combine five-spice powder, salt, and pepper; rub over tuna.
- Add tuna to pan; cook 2 minutes on each side or until desired degree of doneness.
- Let stand 2 minutes.
- Cut into 1/2-inch cubes.
- Drizzle cabbage mixture with soy sauce mixture; toss to combine.
- Place 2 cups salad on each of 4 plates; top each serving with 1/2 cup tuna cubes.
- Sprinkle 1 teaspoon sesame seeds evenly over salads.

## Nutrition Facts



■ PROTEIN **69.44%** ■ FAT **10.38%** ■ CARBS **20.18%**

## Properties

Glycemic Index:83.78, Glycemic Load:3.43, Inflammation Score:-10, Nutrition Score:35.173478126526%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

## Nutrients (% of daily need)

Calories: 268.08kcal (13.4%), Fat: 2.98g (4.58%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 10.53g (3.83%), Sugar: 7.21g (8.01%), Cholesterol: 66.34mg (22.11%), Sodium: 537.71mg (23.38%), Alcohol: 0.6g (100%), Alcohol %: 0.23% (100%), Protein: 44.81g (89.61%), Selenium: 155.57µg (222.24%), Vitamin B3: 32.43mg (162.14%), Vitamin B6: 1.84mg (92.24%), Vitamin A: 3690.83IU (73.82%), Vitamin B12: 3.54µg (58.97%), Vitamin K: 58.97µg (56.17%), Phosphorus: 551.52mg (55.15%), Vitamin C: 40.58mg (49.19%), Potassium: 1126.91mg (32.2%), Magnesium: 93.55mg (23.39%), Folate: 86.14µg (21.53%), Vitamin B1: 0.3mg (20.31%), Vitamin D: 2.89µg (19.28%), Manganese: 0.38mg (19.05%), Vitamin B2: 0.31mg (17.97%), Iron: 3.06mg (17.02%), Copper: 0.21mg (10.58%), Calcium: 102.79mg (10.28%), Fiber: 2.48g (9.93%), Vitamin B5: 0.85mg (8.48%), Zinc: 1.21mg (8.09%), Vitamin E: 0.8mg (5.34%)