



 **100%**  
HEALTH SCORE

## Asian Sesame Salad with Seared Tuna

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



481 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 lb tuna steaks
- 0.3 cup asian sesame dressing toasted kraft
- 2 cups baby spinach leaves loosely packed
- 1 large carrots shredded
- 2 green onions sliced
- 2 tsp olive oil
- 0.3 cup planters cocktail peanuts
- 0.5 tsp cracked pepper black

1 cup cabbage shredded green red

## Equipment

grill

## Directions

Heat grill to medium heat.

Brush both sides of fish steaks evenly with oil; season with pepper.

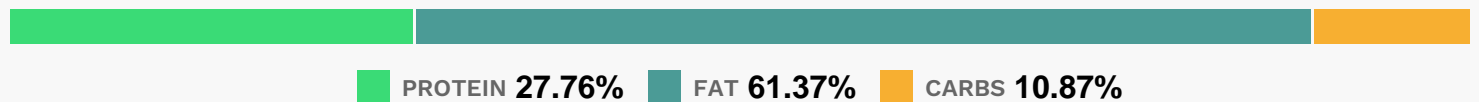
Grill 3 to 4 min. on each side or until medium-rare doneness.

Remove from grill; cover to keep warm.

Combine all remaining ingredients except nuts; place on platter. Slice the fish; place on salad.

Sprinkle with nuts.

## Nutrition Facts



## Properties

Glycemic Index:100.54, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:38.996087115744%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

## Nutrients (% of daily need)

Calories: 481.04kcal (24.05%), Fat: 33.51g (51.56%), Saturated Fat: 5.43g (33.95%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 8.32g (3.02%), Sugar: 5.84g (6.48%), Cholesterol: 43.09mg (14.36%), Sodium: 417.69mg (18.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.11g (68.22%), Vitamin A: 11470.67IU (229.41%), Vitamin K: 222.12µg (211.54%), Vitamin B12: 10.69µg (178.22%), Vitamin B3: 13.44mg (67.21%), Selenium: 43.74µg (62.49%), Manganese: 0.96mg (47.92%), Vitamin D: 6.46µg (43.09%), Phosphorus: 412.03mg (41.2%), Vitamin B6: 0.74mg (36.99%), Folate: 133.92µg (33.48%), Magnesium: 126.48mg (31.62%), Vitamin B1: 0.47mg (31.48%), Vitamin C: 25.62mg (31.05%), Vitamin E: 4.31mg (28.77%), Potassium: 852.52mg (24.36%), Vitamin B2: 0.41mg (24.2%), Fiber: 5.03g (20.11%), Iron: 3.39mg (18.86%), Vitamin B5: 1.73mg (17.26%), Copper: 0.34mg (17.01%), Calcium: 100.83mg (10.08%), Zinc: 1.46mg (9.73%)