



## Black Sesame Seared Tuna



Gluten Free



Dairy Free



Low Fod Map

READY IN



37 min.

SERVINGS



6

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 servings garlic aioli
- ☐ 6 inch bamboo skewers
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup sesame seed white black toasted
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 0.5 teaspoon salt
- ☐ 1 pound tuna thick
- ☐ 3 tablespoons vegetable oil divided

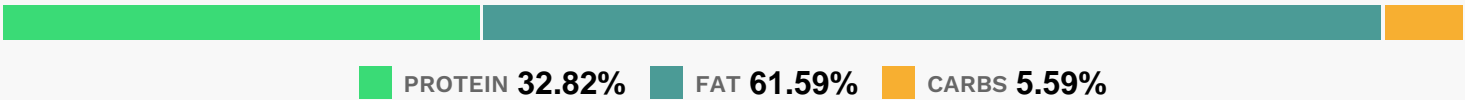
## Equipment

- ☐ frying pan
- ☐ skewers

## Directions

- ☐ Soak bamboo skewers in water at least 30 minutes.
- ☐ Combine sesame seeds and next 3 ingredients in a shallow plate.
- ☐ Cut tuna against the grain to make 3-inch-wide x 1 1/2-inch-thick strips. Rub 1 tablespoon vegetable oil on all sides of tuna, and roll in sesame seed mixture.
- ☐ Heat remaining 2 tablespoons oil in a heavy skillet over medium-high heat. Sear tuna 1 to 2 minutes on each side.
- ☐ Remove from heat, and refrigerate immediately to stop fish from cooking. (Tuna should be rare in center.)
- ☐ Slice tuna across the grain into 1/2-inch slices. Thread 2 pieces on each bamboo skewer, and transfer to a platter.
- ☐ Drizzle with 2 tablespoons Wasabi Aoli, and serve with remaining aoli.

## Nutrition Facts



## Properties

Glycemic Index:21.83, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:13.345217352328%

## Flavonoids

Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 195.41kcal (9.77%), Fat: 13.27g (20.41%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.08g (0.09%), Cholesterol: 28.55mg (9.52%), Sodium: 398.1mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.91g (31.82%), Selenium: 54.15µg (77.35%), Vitamin B3: 7.89mg (39.44%), Vitamin B12: 1.94µg (32.38%), Copper: 0.38mg (19.11%), Phosphorus: 157.07mg (15.71%), Vitamin B6: 0.31mg (15.62%), Vitamin K: 14.86µg (14.15%), Iron: 2.51mg (13.92%), Manganese: 0.24mg (11.87%), Magnesium: 47.06mg (11.77%), Calcium: 96mg (9.6%), Zinc: 1.17mg (7.77%), Vitamin D: 0.91µg (6.05%), Vitamin B1: 0.09mg

(5.99%), Vitamin E: 0.86mg (5.73%), Potassium: 178.71mg (5.11%), Vitamin B2: 0.08mg (4.97%), Fiber: 1.06g (4.23%), Folate: 11.61µg (2.9%), Vitamin A: 89.61IU (1.79%), Vitamin B5: 0.12mg (1.23%)