

Chimney Tuna Loin



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup honey
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.5 cup sesame seed
- ☐ 0.5 cup soya sauce dark
- ☐ 2 pounds tuna loin cut into 2 pieces
- ☐ 0.3 cup wasabi powder dry

Equipment

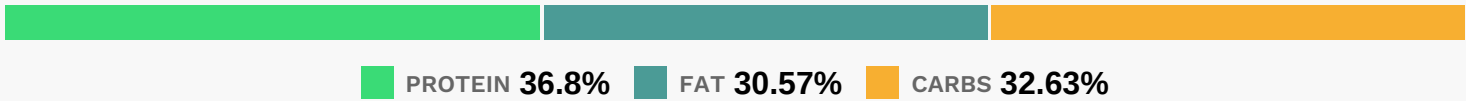
- ☐ bowl

- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ In a non-reactive bowl combine soy, honey, and wasabi powder. Reserve 1/4 cup for dipping sauce.
- ☐ Roll each piece of tuna in this mixture to coat evenly. Marinate from 1 hour to overnight.
- ☐ Remove the tuna from the marinade and discard the marinade.
- ☐ On a plate, lay the sesame seeds.
- ☐ Roll the tuna in the seeds to evenly coat.
- ☐ Fire up the chimney and top with a well-oiled grate. Sear for 15 to 30 seconds per side or to desired temperature.
- ☐ Remove to rack and rest for 3 minutes. Cover with foil or plastic wrap to achieve carry over cooking. Slice thinly and serve with the dipping sauce.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:19.18, Inflammation Score:-7, Nutrition Score:31.656087241743%

Nutrients (% of daily need)

Calories: 535.77kcal (26.79%), Fat: 18.57g (28.56%), Saturated Fat: 3g (18.74%), Carbohydrates: 44.59g (14.86%), Net Carbohydrates: 40.91g (14.88%), Sugar: 35.34g (39.27%), Cholesterol: 81.65mg (27.22%), Sodium: 2122.89mg (92.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.3g (100.6%), Selenium: 160.79µg (229.7%), Vitamin B3: 24.65mg (123.26%), Vitamin B12: 5.83µg (97.14%), Vitamin B6: 0.98mg (49.13%), Phosphorus: 479.87mg (47.99%), Copper: 0.95mg (47.58%), Iron: 7.54mg (41.88%), Manganese: 0.74mg (37.04%), Magnesium: 140.63mg (35.16%), Calcium: 250.91mg (25.09%), Zinc: 3.41mg (22.72%), Potassium: 654.41mg (18.7%), Vitamin B2: 0.31mg (18.2%), Vitamin D: 2.72µg (18.14%), Vitamin B1: 0.25mg (16.86%), Fiber: 3.68g (14.73%), Vitamin E: 1.89mg (12.63%), Folate: 35.99µg (9%), Vitamin C: 6.41mg (7.77%), Vitamin B5: 0.51mg (5.13%), Vitamin A: 136.14IU (2.72%)