



Fresh Tuna Stir-Fry with Cilantro and Lime

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups rice long-grain hot cooked
- ☐ 1.5 teaspoons cornstarch
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 1.3 pounds tuna fresh cut into 1-inch cubes
- ☐ 3 garlic cloves minced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 cup onion vertically sliced

- ☐ 0.3 cup teriyaki sauce low-sodium
- ☐ 1 tablespoon vegetable oil

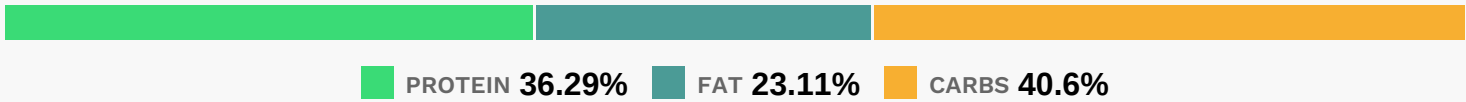
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine the lime juice and tuna in a medium bowl.
- ☐ Combine teriyaki sauce and cornstarch in a small bowl, stirring with a whisk.
- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add the onion, ginger, and garlic; stir-fry for 2 minutes.
- ☐ Add tuna mixture; stir-fry for 2 minutes.
- ☐ Add teriyaki mixture; stir-fry 30 seconds or until slightly thick.
- ☐ Serve over rice, and sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:36.93, Inflammation Score:-10, Nutrition Score:29.487826264423%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 430.11kcal (21.51%), Fat: 10.75g (16.54%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 42.49g (14.16%), Net Carbohydrates: 41.19g (14.98%), Sugar: 4.52g (5.03%), Cholesterol: 53.86mg (17.95%), Sodium: 748.36mg (32.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.98g (75.96%), Vitamin B12: 13.37µg (222.78%), Selenium: 61.38µg (87.69%), Vitamin B3: 13.06mg (65.29%), Vitamin A: 3114.47IU (62.29%), Vitamin D: 8.08µg (53.86%), Phosphorus: 455.86mg (45.59%), Vitamin B6: 0.86mg (42.76%), Manganese: 0.68mg (33.77%), Vitamin B1: 0.4mg (26.45%), Magnesium: 102.04mg (25.51%), Vitamin B2: 0.4mg (23.5%), Vitamin B5: 2.07mg (20.72%), Potassium: 524.98mg (15%), Copper: 0.25mg (12.51%), Vitamin E: 1.79mg (11.9%), Iron: 2.13mg (11.86%), Zinc: 1.56mg (10.38%), Vitamin C: 7.14mg (8.66%), Vitamin K: 7.14µg (6.8%), Fiber: 1.3g (5.19%), Calcium: 42.85mg (4.28%), Folate: 16.86µg (4.21%)