

food
network



HEALTH SCORE

52%

Grilled Ahi Tuna



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



335 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounces ahi tuna steaks
- ☐ 2 avocados pitted peeled thinly sliced
- ☐ 4 cups mizuna leaves
- ☐ 0.3 cup olive oil
- ☐ 8 servings vegetable oil; peanut oil preferred
- ☐ 2 plum tomatoes finely chopped
- ☐ 0.3 cup rice wine vinegar
- ☐ 8 servings salt and pepper freshly ground

☐ 2 teaspoons wasabi paste

Equipment

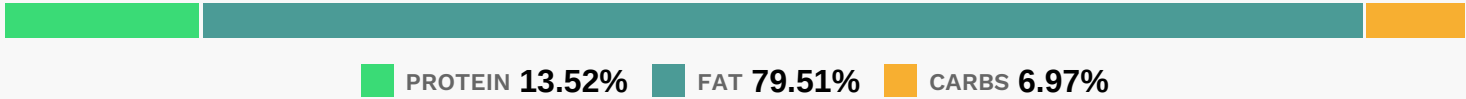
☐ whisk

☐ grill

Directions

- ☐ Preheat grill.
- ☐ Brush steaks with oil and season with salt and pepper to taste. Grill for 1 minute on each side (just to obtain grill marks)
- ☐ Remove and slice each steak into 8 slices.
- ☐ Place 1 cup of mizuna on each plate. Divide avocado and tomatoes among plates.
- ☐ Drizzle with the wasabi vinaigrette.
- ☐ Whisk together all ingredients until combined. Season with salt and pepper to taste

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.61, Inflammation Score:-8, Nutrition Score:18.451304446096%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.75mg, Isorhamnetin: 2.75mg, Isorhamnetin: 2.75mg, Isorhamnetin: 2.75mg Kaempferol: 6.53mg, Kaempferol: 6.53mg, Kaempferol: 6.53mg, Kaempferol: 6.53mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 335.24kcal (16.76%), Fat: 30.33g (46.66%), Saturated Fat: 4.91g (30.68%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.97g (1.07%), Cholesterol: 16.16mg (5.39%), Sodium: 218.57mg (9.5%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.22%), Vitamin B12: 4.01µg (66.83%), Vitamin K: 59.8µg (56.95%), Vitamin E: 5.06mg (33.74%), Vitamin A: 1645.3IU (32.91%), Vitamin B3: 4.79mg (23.96%), Vitamin C: 19.57mg (23.72%), Selenium: 15.92µg (22.74%), Vitamin B6: 0.37mg (18.45%), Fiber: 4.19g (16.78%), Vitamin D: 2.42µg (16.16%), Phosphorus: 149.04mg (14.9%), Potassium: 460.26mg (13.15%), Vitamin B5: 1.2mg (11.98%), Folate: 46.14µg (11.54%), Vitamin B2: 0.2mg (11.48%), Magnesium: 43.93mg (10.98%), Vitamin B1: 0.16mg (10.47%), Copper: 0.17mg (8.59%), Iron: 1.09mg (6.05%), Manganese: 0.11mg (5.26%), Zinc: 0.67mg (4.46%), Calcium: 32.8mg (3.28%)