



Grilled Lime-Soy Tuna with Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce ahi tuna steak ()
- 0.3 cup baby carrots
- 4 teaspoons canola oil
- 1.5 teaspoons sesame oil dark
- 2 teaspoons ginger fresh minced peeled
- 1 garlic clove minced
- 1 tablespoon spring onion finely minced
- 1 Dash ground pepper red

- 4 teaspoons honey
- 8 teaspoons juice of lime fresh
- 8 teaspoons soy sauce
- 1 teaspoon rice wine sweet (rice wine)
- 4 ounces vermicelli
- 4 teaspoons rice vinegar
- 1.5 teaspoons sesame seed toasted

Equipment

- bowl
- frying pan
- ziploc bags
- grill pan

Directions

- Combine first 7 ingredients in a small bowl.
- Pour 2 tablespoons juice mixture into a zip-top plastic bag; reserve remaining juice mixture.
- Add tuna to bag; seal and marinate at room temperature 20 minutes, turning bag once.
- Cook noodles according to package directions.
- Drain and rinse with cold water; drain.
- Combine noodles, carrots, vinegar, sesame seeds, sesame oil, and mirin; toss well.
- Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- Remove tuna from bag; discard marinade.
- Place tuna in pan; cook 1 1/2 minutes on each side or until desired degree of doneness. Divide noodle mixture between 2 plates; sprinkle each with 1 1/2 teaspoons onions.
- Cut tuna into thin slices; arrange 1 sliced tuna steak on each plate.
- Drizzle each serving with 3 tablespoons reserved dressing.

Nutrition Facts



■ PROTEIN 28.52% ■ FAT 29.84% ■ CARBS 41.64%

Properties

Glycemic Index:152.14, Glycemic Load:33.16, Inflammation Score:-10, Nutrition Score:34.934782691624%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 631.82kcal (31.59%), Fat: 20.53g (31.58%), Saturated Fat: 3.36g (21.03%), Carbohydrates: 64.43g (21.48%), Net Carbohydrates: 62.47g (22.72%), Sugar: 12.83g (14.25%), Cholesterol: 64.64mg (21.55%), Sodium: 904.4mg (39.32%), Alcohol: 0.4g (100%), Alcohol %: 0.16% (100%), Protein: 44.14g (88.29%), Vitamin B12: 16.04µg (267.34%), Vitamin A: 5980.6IU (119.61%), Selenium: 71.87µg (102.68%), Vitamin B3: 15.32mg (76.61%), Vitamin D: 9.7µg (64.64%), Phosphorus: 574.05mg (57.41%), Vitamin B6: 0.88mg (43.95%), Vitamin B1: 0.46mg (30.83%), Vitamin B2: 0.51mg (29.86%), Magnesium: 116.56mg (29.14%), Manganese: 0.51mg (25.47%), Vitamin E: 3.31mg (22.07%), Vitamin B5: 2mg (20%), Potassium: 616.1mg (17.6%), Iron: 2.93mg (16.28%), Copper: 0.3mg (15.02%), Vitamin K: 14.01µg (13.35%), Zinc: 1.83mg (12.18%), Vitamin C: 7.66mg (9.28%), Fiber: 1.96g (7.84%), Folate: 24.2µg (6.05%), Calcium: 59.19mg (5.92%)