



HEALTH SCORE

100%

Grilled Tuna Salad with Wasabi Dressing



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**330 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds tuna steak fresh
- ☐ 4 cups alfalfa sprouts
- ☐ 1 teaspoon dijon mustard
- ☐ 2 cups enoki mushrooms trimmed
- ☐ 4 servings available at asian markets and health food shops
- ☐ 2 small garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons slivered japanese pickled ginger

- ☐ 2 tablespoons rice vinegar
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 pound young spinach stemmed
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons tahini sesame paste
- ☐ 4 teaspoons wasabi powder

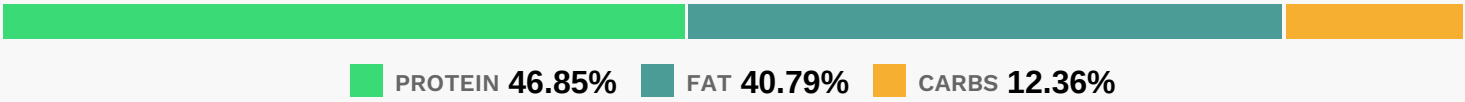
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler

Directions

- ☐ In a shallow glass dish, combine 1 tablespoon of the soy sauce and 1 teaspoon of the oil.
- ☐ Add the tuna and coat well. Refrigerate for about 15 minutes, turning the fish twice.
- ☐ Light a grill or preheat the broiler. In a small bowl, mix the wasabi powder with 4 teaspoons of hot water. Cover and set aside for 5 minutes.
- ☐ In another bowl, stir 2 tablespoons of warm water into the tahini. Stir in the wasabi paste, vinegar, mustard, sugar, garlic and the remaining 2 teaspoons soy sauce and 4 teaspoons oil. Season with salt and pepper.
- ☐ Season the tuna with salt and pepper; grill or broil until crusty on the outside and rare within, about 4 minutes per side.
- ☐ Transfer the fish to a plate to rest for a few minutes, then slice it against the grain 1/3 inch thick.
- ☐ In a large bowl, toss the alfalfa sprouts with the enoki mushrooms and all but 2 tablespoons of the dressing; loosen the sprouts to evenly distribute the dressing. Scatter the spinach leaves on 4 large plates and arrange the tuna on top.
- ☐ Drizzle on the remaining 2 tablespoons dressing. Mound the sprout salad on the tuna, scatter the pickled ginger on top and serve.

Nutrition Facts



Properties

Glycemic Index:61.02, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:42.084782724795%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 330.19kcal (16.51%), Fat: 15.08g (23.21%), Saturated Fat: 2.91g (18.17%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 6.83g (2.48%), Sugar: 1.61g (1.79%), Cholesterol: 53.86mg (17.95%), Sodium: 566.2mg (24.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.98g (77.97%), Vitamin K: 286.08µg (272.46%), Vitamin B12: 13.37µg (222.78%), Vitamin A: 8468.57IU (169.37%), Selenium: 56.57µg (80.82%), Vitamin B3: 15.8mg (79.02%), Vitamin D: 8.11µg (54.08%), Phosphorus: 517.46mg (51.75%), Vitamin B6: 0.85mg (42.68%), Vitamin B1: 0.61mg (40.97%), Folate: 149.61µg (37.4%), Magnesium: 143.68mg (35.92%), Vitamin B2: 0.59mg (34.81%), Manganese: 0.69mg (34.75%), Potassium: 905.24mg (25.86%), Vitamin C: 20.22mg (24.51%), Iron: 4.24mg (23.54%), Vitamin B5: 2.2mg (22.02%), Copper: 0.43mg (21.68%), Vitamin E: 3.11mg (20.72%), Zinc: 2.1mg (14%), Fiber: 3.45g (13.81%), Calcium: 96.13mg (9.61%)