



HEALTH SCORE

100%

Grilled Tuna with Chipotle Ponzu and Avocado Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks
- ☐ 0.5 cup avocado diced peeled
- ☐ 2 cups rice medium-grain hot cooked
- ☐ 0.8 cup cucumber diced english
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 0.5 cup juice of lime

- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.3 cup onion grated
- ☐ 0.5 cup orange juice
- ☐ 0.5 cup plum tomatoes diced
- ☐ 0.3 teaspoon salt

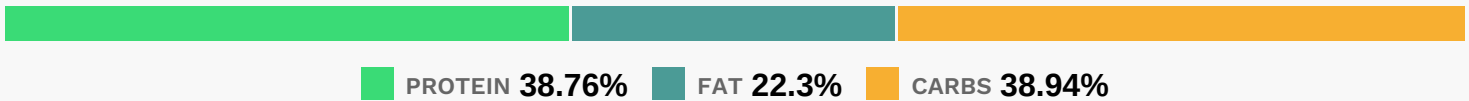
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill pan

Directions

- ☐ To prepare ponzu, place 1/2 cup orange juice and the next 5 ingredients (through 1 1/2 chipotle chiles) in a blender, and process until smooth.
- ☐ To prepare salsa, combine diced cucumber, tomato, avocado, and cilantro in a small bowl.
- ☐ Sprinkle fish with salt.
- ☐ Heat a large nonstick grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add fish; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Cut each tuna steak diagonally across the grain into thin slices. Arrange sliced tuna over rice; top with salsa, and drizzle with ponzu.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:2.33, Inflammation Score:-10, Nutrition Score:38.657825998638%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-

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Nutrients (% of daily need)

Calories: 473.2kcal (23.66%), Fat: 11.56g (17.78%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 45.39g (15.13%), Net Carbohydrates: 43.15g (15.69%), Sugar: 4.88g (5.43%), Cholesterol: 64.64mg (21.55%), Sodium: 790.61mg (34.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.19g (90.37%), Vitamin B12: 16.04µg (267.34%), Selenium: 71.3µg (101.86%), Vitamin B3: 17.39mg (86.96%), Vitamin A: 4152.22IU (83.04%), Vitamin D: 9.7µg (64.64%), Phosphorus: 532.55mg (53.25%), Vitamin B6: 0.99mg (49.45%), Vitamin B1: 0.68mg (45.35%), Vitamin C: 32.15mg (38.96%), Vitamin B2: 0.54mg (31.72%), Magnesium: 124.58mg (31.15%), Manganese: 0.62mg (31.12%), Folate: 116.23µg (29.06%), Vitamin B5: 2.77mg (27.68%), Potassium: 829.69mg (23.71%), Iron: 4.05mg (22.52%), Copper: 0.33mg (16.62%), Vitamin E: 2.43mg (16.2%), Zinc: 1.9mg (12.65%), Vitamin K: 12.83µg (12.22%), Fiber: 2.24g (8.94%), Calcium: 38.88mg (3.89%)