



Grilled Tuna with Cucumber Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings pepper black freshly ground
- 1 cup carrots grated peeled
- 1 tablespoon fish sauce
- 2 tablespoons cilantro leaves fresh coarsely chopped
- 1 tablespoon ginger fresh grated peeled (from a 2- to 3-inch piece)
- 1 medium garlic clove minced
- 1 tablespoon granulated sugar
- 4 servings kosher salt

- 1 tablespoon juice of lime freshly squeezed
- 2 tablespoons roasted peanuts salted coarsely chopped
- 1 thai chile minced stemmed
- 4 servings vegetable oil for oiling the tuna and the grill

Equipment

- bowl
- paper towels
- whisk
- grill
- spatula
- grill pan

Directions

- Place the fish sauce, ginger, lime juice, sugar, garlic, and chile in a medium, nonreactive bowl and whisk until the sugar has dissolved.
- Add the oil in a slow, steady stream, whisking until combined.
- Heat a grill pan or outdoor grill to high (about 450°F to 550°F). Meanwhile, pat the tuna dry with paper towels. Rub the fish on both sides with a thin layer of vegetable oil and season generously with salt and pepper. When the grill is ready, rub the grates with a towel dipped in vegetable oil.
- Place the tuna on the grill and cook undisturbed until dark grill marks appear, about 2 minutes. Using a flat spatula, flip the fish and cook until grill marks appear on the second side but the middle is still rare, about 2 to 3 minutes more.
- Add the cilantro to the salad, stir to combine, and divide the salad evenly among 4 plates. Slice each tuna steak against the grain into 1/4-inch-thick pieces and place over the salad.
- Sprinkle with the peanuts and serve immediately.

Nutrition Facts

 PROTEIN 4.32%  FAT 78.58%  CARBS 17.1%

Properties

Glycemic Index:56.48, Glycemic Load:3.23, Inflammation Score:-10, Nutrition Score:8.9334782724795%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 183.01kcal (9.15%), Fat: 16.56g (25.48%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 6.66g (2.42%), Sugar: 4.82g (5.35%), Cholesterol: 0mg (0%), Sodium: 591.39mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin A: 5371.29IU (107.43%), Vitamin K: 30.9µg (29.43%), Manganese: 0.21mg (10.36%), Vitamin E: 1.38mg (9.21%), Vitamin C: 5.23mg (6.34%), Vitamin B3: 1.2mg (6%), Fiber: 1.45g (5.8%), Magnesium: 21.77mg (5.44%), Potassium: 173.84mg (4.97%), Vitamin B6: 0.09mg (4.55%), Folate: 15.58µg (3.89%), Phosphorus: 33.73mg (3.37%), Copper: 0.06mg (3.02%), Vitamin B1: 0.04mg (2.75%), Calcium: 20.52mg (2.05%), Vitamin B5: 0.18mg (1.78%), Vitamin B2: 0.03mg (1.71%), Iron: 0.3mg (1.67%), Zinc: 0.21mg (1.39%), Selenium: 0.97µg (1.38%)