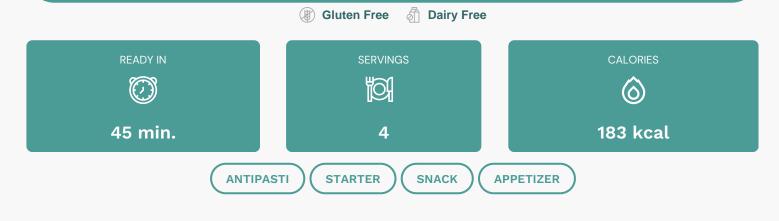


Grilled Tuna with Cucumber Salad



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

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, Api

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: Omg (0%), Sodium: 591.39mg (25.71%), Alcohol: Og (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%)