



WHATSheATE



HEALTH SCORE

84%

Pan-Grilled Thai Tuna Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup matchstick-cut carrots



0.1 teaspoon pepper black



1 cup cucumber thinly sliced



0.5 teaspoon sesame oil dark



2 tablespoons cilantro leaves fresh chopped



2 tablespoons juice of lime fresh



4 cups napa cabbage chinese thinly sliced ()



1 navel oranges chopped

- ☐ 0.3 cup pre onion red
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon sriracha fresh such as huy fong) hot (ground chile paste)
- ☐ 1 tablespoon sugar
- ☐ 12 ounce yellowfin tuna steaks ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle fish evenly with salt and pepper.
- ☐ Add fish to pan; cook 2 minutes on each side or until desired degree of doneness.
- ☐ Transfer to a cutting board.
- ☐ Combine cabbage and next 4 ingredients (through orange) in a large bowl.
- ☐ Combine sugar and remaining ingredients in a small bowl, stirring well with a whisk. Reserve 1 tablespoon dressing.
- ☐ Drizzle remaining dressing over salad; toss gently to coat. Divide salad mixture evenly between 2 plates.
- ☐ Cut each tuna steak across the grain into 1/4-inch slices; arrange over salad mixture.
- ☐ Drizzle 1 1/2 teaspoons reserved dressing over each serving.
- ☐ For dessert: Spoon 1/2 cup coconut sorbet into each of 2 dessert bowls; top each serving with 2 tablespoons diced peeled mango and 1 tablespoon toasted flaked sweetened coconut.

Nutrition Facts



Properties

Glycemic Index:129.05, Glycemic Load:5.89, Inflammation Score:-10, Nutrition Score:42.422608665798%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 16.65mg, Hesperetin: 16.65mg, Hesperetin: 16.65mg, Hesperetin: 16.65mg Naringenin: 5.03mg, Naringenin: 5.03mg, Naringenin: 5.03mg, Naringenin: 5.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 313.5kcal (15.67%), Fat: 2.45g (3.78%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 22.45g (8.17%), Sugar: 17.97g (19.97%), Cholesterol: 66.34mg (22.11%), Sodium: 409.98mg (17.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.96g (89.91%), Selenium: 155.66µg (222.37%), Vitamin B3: 32.64mg (163.22%), Vitamin C: 92.05mg (111.58%), Vitamin A: 5255.95IU (105.12%), Vitamin B6: 2.1mg (105.11%), Vitamin K: 74.96µg (71.39%), Vitamin B12: 3.54µg (58.97%), Phosphorus: 567.16mg (56.72%), Folate: 172.13µg (43.03%), Potassium: 1457.41mg (41.64%), Magnesium: 102.6mg (25.65%), Manganese: 0.49mg (24.46%), Vitamin B1: 0.36mg (23.75%), Fiber: 5.32g (21.27%), Vitamin B2: 0.35mg (20.43%), Vitamin D: 2.89µg (19.28%), Calcium: 183.87mg (18.39%), Iron: 2.41mg (13.37%), Copper: 0.24mg (12.09%), Vitamin B5: 1.16mg (11.62%), Zinc: 1.27mg (8.45%), Vitamin E: 0.78mg (5.21%)