



Pan-Seared Tuna with Avocado, Soy, Ginger, and Lime



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados pitted ripe peeled halved sliced
- ☐ 1 Leaves from 1 bunch cilantro fresh chopped
- ☐ 4 teaspoons ginger fresh grated
- ☐ 4 garlic cloves grated
- ☐ 2 jalapeños sliced
- ☐ 4 juice of lime juiced
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 cup soya sauce
- ☐ 0.1 teaspoon sugar
- ☐ 24 ounce blocks sushi-quality tuna

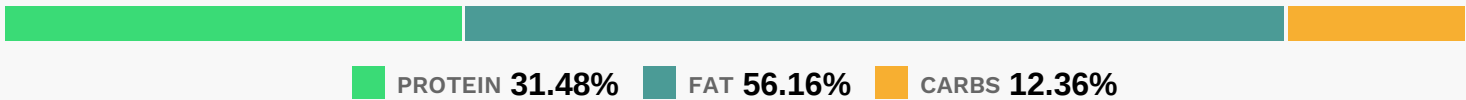
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ In a mixing bowl, combine the cilantro, jalapeno, ginger, garlic, lime juice, soy sauce, sugar, salt, pepper, and 1/4 cup of olive oil. Stir the ingredients together until well incorporated.
- ☐ Place a large skillet over medium-high heat and coat with the remaining 2 tablespoons of olive oil. Season the tuna pieces generously with salt and pepper.
- ☐ Lay the tuna in the hot oil and sear for 1 minute to form a slight crust; flip and sear the other side 1 minute.
- ☐ Pour half of the cilantro mixture into the pan to coat the fish.
- ☐ Transfer the seared tuna to plates and serve with the sliced avocado and the remaining cilantro sauce drizzled over the whole plate.

Nutrition Facts



Properties

Glycemic Index:66.52, Glycemic Load:1.45, Inflammation Score:-7, Nutrition Score:30.493478153063%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg,

Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 467.02kcal (23.35%), Fat: 29.98g (46.13%), Saturated Fat: 4.4g (27.53%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 7.43g (2.7%), Sugar: 2.14g (2.38%), Cholesterol: 61.24mg (20.41%), Sodium: 2001.47mg (87.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.81g (75.62%), Selenium: 116.47µg (166.38%), Vitamin B3: 19.94mg (99.7%), Vitamin B12: 4.37µg (72.86%), Vitamin B6: 0.94mg (47.12%), Vitamin C: 28.46mg (34.49%), Phosphorus: 334.56mg (33.46%), Vitamin E: 4.92mg (32.78%), Vitamin K: 32.04µg (30.51%), Fiber: 7.42g (29.67%), Potassium: 923.83mg (26.4%), Folate: 98.8µg (24.7%), Iron: 4.28mg (23.78%), Magnesium: 85.16mg (21.29%), Manganese: 0.4mg (20.02%), Vitamin B2: 0.33mg (19.31%), Vitamin B5: 1.84mg (18.4%), Copper: 0.34mg (16.92%), Vitamin D: 2.04µg (13.61%), Zinc: 1.97mg (13.12%), Vitamin B1: 0.15mg (10.17%), Vitamin A: 351.83IU (7.04%), Calcium: 60.01mg (6%)