



HEALTH SCORE

65%

Pan-Seared Tuna with Onion-Soy Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks
- ☐ 2 cups julienne-cut carrot (2-inch)
- ☐ 2 cups julienne-cut celery (2-inch)
- ☐ 2 cups julienne-cut cucumber (2-inch)
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.3 cup onion fresh grated
- ☐ 1 Dash pepper

- ☐ 0.5 cup rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vegetable oil

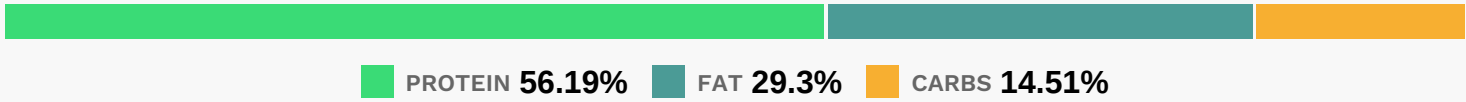
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a small bowl. Stir well, and set aside.
- ☐ Combine carrot, celery, and cucumber in a bowl, and toss well.
- ☐ Brush oil over tuna, and sprinkle with salt and pepper.
- ☐ Place a large nonstick skillet over medium-high heat until hot.
- ☐ Add tuna, and cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove from skillet, and cool.
- ☐ Cut tuna diagonally across grain into thin slices.
- ☐ Arrange 1 1/2 cups carrot mixture on each of 4 plates; top with tuna slices.
- ☐ Drizzle 2 tablespoons vinaigrette over each serving.
- ☐ Garnish with red onion slices, celery leaves, and lemon slices, if desired.

Nutrition Facts



Properties

Glycemic Index:58.71, Glycemic Load:2.63, Inflammation Score:-10, Nutrition Score:35.632608600285%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 315.37kcal (15.77%), Fat: 9.87g (15.18%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 7.62g (2.77%), Sugar: 5.15g (5.72%), Cholesterol: 64.64mg (21.55%), Sodium: 872.39mg (37.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.59g (85.18%), Vitamin A: 14680.71IU (293.61%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.71µg (89.59%), Vitamin B3: 15.73mg (78.65%), Vitamin D: 9.7µg (64.64%), Phosphorus: 511.4mg (51.14%), Vitamin B6: 0.97mg (48.57%), Vitamin B1: 0.49mg (32.97%), Vitamin B2: 0.55mg (32.39%), Magnesium: 118.84mg (29.71%), Vitamin K: 30.39µg (28.94%), Potassium: 928.55mg (26.53%), Vitamin B5: 2.32mg (23.17%), Manganese: 0.34mg (16.76%), Vitamin E: 2.44mg (16.27%), Fiber: 3.38g (13.54%), Iron: 2.44mg (13.53%), Folate: 51.99µg (13%), Copper: 0.26mg (12.79%), Zinc: 1.5mg (10.01%), Vitamin C: 8.21mg (9.95%), Calcium: 73.99mg (7.4%)