



Peppered Tuna Skewers with Wasabi Mayonnaise



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



28

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound tuna steaks fresh cut into 3/4-inch cubes
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup mayonnaise
- ☐ 28 large slices pickled ginger
- ☐ 2.5 tablespoons soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons wasabi powder (horseradish powder)

- ☐ 1.5 tablespoons water
- ☐ 1 bunch watercress

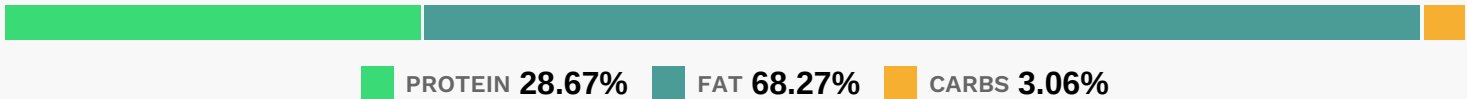
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ skewers

Directions

- ☐ Mix 2 tablespoons wasabi powder and 1 1/2 tablespoons water in small bowl to blend.
- ☐ Whisk in 1/2 cup mayonnaise. Cover wasabi mayonnaise and refrigerate at least 30 minutes. (Can be made 1 day ahead. Keep refrigerated.)
- ☐ Combine tuna and soy sauce in medium bowl; toss to coat. Marinate tuna 30 minutes at room temperature, stirring occasionally.
- ☐ Meanwhile, thread 1 ginger slice onto each skewer 2 inches from tip.
- ☐ Line platter with watercress.
- ☐ Place bowl of wasabi mayonnaise on platter.
- ☐ Drain tuna; pat dry. Return to medium bowl.
- ☐ Sprinkle with pepper; toss to coat.
- ☐ Heat oil in large skillet over medium-high heat.
- ☐ Add tuna and sear until browned on all sides but still pink inside, about 2 minutes total. Thread 1 tuna cube onto each prepared skewer next to ginger. Arrange skewers on platter and serve.
- ☐ *Available at Japanese markets and specialty foods stores and in the Asian foods section of some supermarkets.

Nutrition Facts



Properties

Glycemic Index:5.14, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:4.0530435067156%

Flavonoids

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 57.25kcal (2.86%), Fat: 4.29g (6.59%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 0.43g (0.14%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.07g (0.08%), Cholesterol: 7.84mg (2.61%), Sodium: 122.1mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Vitamin B12: 1.53µg (25.54%), Vitamin K: 9.76µg (9.3%), Selenium: 6.04µg (8.62%), Vitamin A: 385.25IU (7.7%), Vitamin B3: 1.48mg (7.39%), Vitamin D: 0.93µg (6.21%), Phosphorus: 45.35mg (4.54%), Vitamin B6: 0.08mg (4.06%), Vitamin B1: 0.04mg (2.8%), Vitamin B2: 0.05mg (2.69%), Magnesium: 9.78mg (2.44%), Vitamin E: 0.35mg (2.3%), Vitamin B5: 0.19mg (1.9%), Potassium: 55.1mg (1.57%), Manganese: 0.03mg (1.29%), Iron: 0.23mg (1.28%), Copper: 0.02mg (1.07%)