

Rob's Point Loma Ponzu Tuna

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



8

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 large cloves garlic minced
- 8 servings kosher salt and pepper black freshly ground
- 1 cup soya sauce low-sodium
- 1 tablespoon mirin to taste
- 4 tablespoons miso
- 3 tablespoons olive oil extra-virgin
- 1 cup orange juice
- 8 servings radicchio thinly sliced for serving

- 8 servings romaine lettuce sliced for serving
- 3 shallots diced
- 8 servings sticky rice white for serving
- 2 tablespoons wasabi powder
- 32 ounces yellowfin tuna steaks

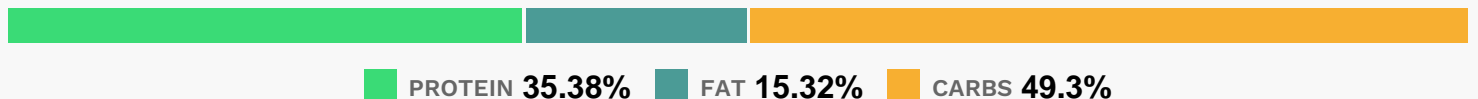
Equipment

- frying pan
- blender
- grill

Directions

- Watch how to make this recipe.
- Preheat an outdoor grill to medium-high heat.
- In a large skillet over medium heat, sweat garlic and shallots in olive oil until shallots are softened, about 4 to 5 minutes.
- Deglaze pan with orange juice and soy sauce. Bring to a boil.
- Transfer mixture to blender.
- Add miso, wasabi and mirin. Blend until smooth.
- Season tuna steaks with salt and pepper. Sear tuna on grill, about 1 to 2 minutes per side for rare. Slice tuna and plate immediately on bed of white sticky rice and finely sliced radicchio and romaine.
- Drizzle with ponzu sauce.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:33.3, Inflammation Score:-10, Nutrition Score:36.438260949176%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 417.01kcal (20.85%), Fat: 7.01g (10.79%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 50.76g (16.92%), Net Carbohydrates: 46.49g (16.9%), Sugar: 5.56g (6.18%), Cholesterol: 44.23mg (14.74%), Sodium: 1544.04mg (67.13%), Alcohol: 0.21g (100%), Alcohol %: 0.08% (100%), Protein: 36.43g (72.86%), Selenium: 111.1µg (158.71%), Vitamin A: 7542.67IU (150.85%), Vitamin B3: 22.84mg (114.18%), Vitamin K: 95.73µg (91.17%), Vitamin B6: 1.3mg (65.05%), Phosphorus: 454.01mg (45.4%), Manganese: 0.87mg (43.5%), Vitamin B12: 2.37µg (39.42%), Folate: 150.09µg (37.52%), Potassium: 984.83mg (28.14%), Vitamin C: 20.6mg (24.98%), Magnesium: 95.07mg (23.77%), Vitamin B1: 0.34mg (22.44%), Vitamin B2: 0.32mg (19.02%), Iron: 3.33mg (18.48%), Fiber: 4.27g (17.09%), Vitamin D: 1.93µg (12.85%), Copper: 0.24mg (12.18%), Zinc: 1.73mg (11.53%), Vitamin B5: 1.05mg (10.47%), Vitamin E: 1.31mg (8.74%), Calcium: 63.25mg (6.33%)