



Sashimi Tuna Salad With Mint Lime Cilantro Dressing

 Dairy Free

READY IN



95 min.

SERVINGS



2

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounce ahi tuna steak fresh yellowfin
- ☐ 0.3 avocado sliced
- ☐ 1.5 cups baby salad greens mixed
- ☐ 2 tablespoons chow mein noodles crisp
- ☐ 4 slices cucumber quartered
- ☐ 1.5 teaspoons cilantro leaves fresh chopped
- ☐ 1 teaspoon mint leaves fresh chopped

- ☐ 0.5 teaspoon garlic minced
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 0.5 teaspoon juice of lemon
- ☐ 1.5 teaspoons juice of lime
- ☐ 2 tablespoons mangos diced
- ☐ 2 tablespoons olive oil
- ☐ 1.5 teaspoons roasted peanuts
- ☐ 0.5 cup torn romaine lettuce
- ☐ 0.1 teaspoon salt

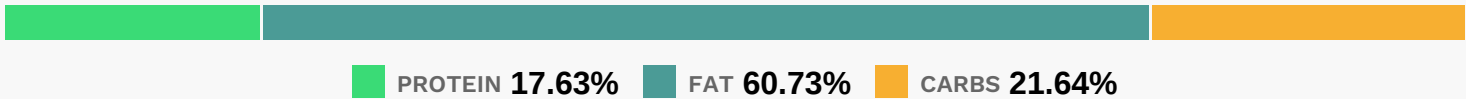
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk olive oil, lime juice, cilantro, garlic, mint, lemon juice, and salt in a bowl. Refrigerate salad dressing for at least 1 hour or overnight for best flavor.
- ☐ Preheat an outdoor grill for high heat and grease the grate.
- ☐ Toss salad greens, romaine lettuce, mango, peanuts, cucumber, and chow mein noodles in a salad bowl.
- ☐ Sprinkle tuna with salt and black pepper.
- ☐ Grill tuna on the preheated grill until the outside is seared and brown and the inside is still red, about 1 1/2 minutes per side for rare. Slice the grilled tuna.
- ☐ Top salad with slices of avocado and grilled tuna; drizzle with salad dressing to taste.

Nutrition Facts



Properties

Glycemic Index:100.38, Glycemic Load:1.32, Inflammation Score:-9, Nutrition Score:17.397391433301%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 319.57kcal (15.98%), Fat: 22.03g (33.89%), Saturated Fat: 3.31g (20.69%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 14.22g (5.17%), Sugar: 2.89g (3.21%), Cholesterol: 16.16mg (5.39%), Sodium: 282.06mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.39g (28.77%), Vitamin B12: 4.01µg (66.83%), Vitamin A: 2508.76IU (50.18%), Vitamin K: 27.73µg (26.41%), Vitamin B3: 5mg (24.99%), Selenium: 16.29µg (23.27%), Vitamin C: 17.65mg (21.4%), Vitamin E: 3.13mg (20.85%), Vitamin B6: 0.34mg (16.84%), Vitamin D: 2.42µg (16.16%), Phosphorus: 157.75mg (15.77%), Folate: 62.08µg (15.52%), Fiber: 3.44g (13.78%), Manganese: 0.23mg (11.66%), Potassium: 392.81mg (11.22%), Magnesium: 43.66mg (10.92%), Vitamin B1: 0.16mg (10.67%), Vitamin B2: 0.18mg (10.38%), Vitamin B5: 0.98mg (9.77%), Iron: 1.6mg (8.86%), Copper: 0.16mg (8.03%), Zinc: 0.63mg (4.22%), Calcium: 24.11mg (2.41%)