



HEALTH SCORE

53%

Seared Ahi Tuna Salad With Fresh Snap Peas



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon sesame oil dark
- ☐ 0.5 teaspoon ginger fresh minced peeled
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 4 teaspoons honey
- ☐ 3 tablespoons juice of lime fresh
- ☐ 6 cups salad greens mixed
- ☐ 3 teaspoons olive oil extra-virgin divided
- ☐ 0.5 cup scallions thinly sliced

- ☐ 1 teaspoon sesame seed toasted
- ☐ 1.5 cups sugar snap peas trimmed
- ☐ 24 ounce yellowfin tuna steaks
- ☐ 0.5 plus divided

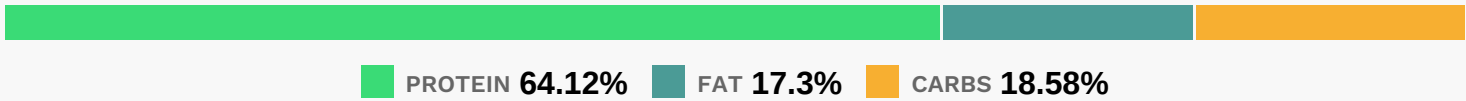
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Rub tuna steaks with 1 teaspoon olive oil; sprinkle with 1/2 teaspoon each salt and pepper. Set aside.
- ☐ For the dressing, combine lime juice, honey, remaining 2 teaspoons olive oil, sesame oil, ginger, and remaining 1/8 teaspoon salt in a bowl; whisk to combine. Set aside.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add tuna; cook 3 minutes without disturbing. Turn and cook 2 minutes more or to desired degree of doneness.
- ☐ Transfer to a cutting board; slice into 1/2-inch-thick pieces.
- ☐ Place 1 1/2 cups greens on each of 4 plates. Top each salad with 1/4 of the sliced tuna.
- ☐ Add even amounts of snap peas, scallions, and sesame seeds.
- ☐ Drizzle evenly with dressing.
- ☐ *Choose ahi or yellowfin tuna over bluefin tuna: Recent reports have found unsafe levels of mercury in bluefin.

Nutrition Facts



Properties

Glycemic Index:41.57, Glycemic Load:3.25, Inflammation Score:-9, Nutrition Score:30.232608857362%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 277.59kcal (13.88%), Fat: 5.24g (8.06%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 11.19g (4.07%), Sugar: 7.71g (8.56%), Cholesterol: 66.34mg (22.11%), Sodium: 144.76mg (6.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.7g (87.4%), Selenium: 154.93µg (221.33%), Vitamin B3: 32.14mg (160.68%), Vitamin B6: 1.71mg (85.62%), Vitamin B12: 3.54µg (58.97%), Phosphorus: 525.85mg (52.59%), Vitamin C: 41.74mg (50.6%), Vitamin K: 37.65µg (35.86%), Potassium: 984.87mg (28.14%), Vitamin A: 1314.79IU (26.3%), Magnesium: 80.79mg (20.2%), Vitamin D: 2.89µg (19.28%), Vitamin B1: 0.29mg (19.19%), Vitamin B2: 0.27mg (15.95%), Iron: 2.79mg (15.51%), Manganese: 0.27mg (13.45%), Folate: 50.86µg (12.71%), Vitamin B5: 0.86mg (8.56%), Copper: 0.16mg (8.03%), Vitamin E: 1.1mg (7.3%), Zinc: 0.97mg (6.47%), Fiber: 1.47g (5.87%), Calcium: 47.48mg (4.75%)