



HEALTH SCORE

73%

Seared Sesame Tuna with Orange-Ginger Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



14 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks ()
- ☐ 3 tablespoons sesame seed black
- ☐ 2 teaspoons canola oil
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons orange-ginger sauce and glaze (such as Iron Chef)
- ☐ 0.3 cup green onions sliced

- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon seasoned rice vinegar
- ☐ 3 tablespoons sesame seed

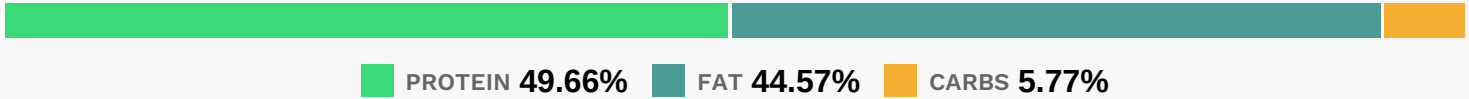
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients, stirring well with a whisk; set aside.
- ☐ Heat canola oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle steaks evenly with salt.
- ☐ Combine sesame seeds and black sesame seeds in a shallow dish. Dredge steaks in sesame seeds. Lightly coat both sides of fish with cooking spray.
- ☐ Add fish to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Sprinkle evenly with onions; serve with orange-ginger sauce.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:34.118261109228%

Flavonoids

Hesperetin: 3.02mg, Hesperetin: 3.02mg, Hesperetin: 3.02mg, Hesperetin: 3.02mg Naringenin: 1.7mg, Naringenin: 1.7mg, Naringenin: 1.7mg, Naringenin: 1.7mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 345.56kcal (17.28%), Fat: 16.83g (25.89%), Saturated Fat: 3.2g (19.97%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 3.03g (1.1%), Sugar: 1.23g (1.37%), Cholesterol: 64.64mg (21.55%), Sodium: 186.54mg (8.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.19g (84.38%), Vitamin B12: 16.04µg (267.34%), Selenium: 66.44µg (94.91%), Vitamin B3: 15.35mg (76.73%), Vitamin A: 3801.63IU (76.03%), Vitamin D: 9.7µg (64.64%), Phosphorus: 514.77mg (51.48%), Vitamin B6: 0.89mg (44.53%), Vitamin B1: 0.52mg (34.66%), Magnesium: 130.62mg (32.65%), Copper: 0.65mg (32.47%), Vitamin B2: 0.47mg (27.64%), Iron: 3.62mg (20.09%), Vitamin B5: 1.84mg (18.4%), Manganese: 0.35mg (17.69%), Potassium: 529.63mg (15.13%), Vitamin E: 2.15mg (14.32%), Calcium: 141.56mg (14.16%), Vitamin K: 14.44µg (13.76%), Zinc: 2mg (13.35%), Vitamin C: 7.31mg (8.86%), Fiber: 1.87g (7.48%), Folate: 22.94µg (5.74%)