

 **100%**
HEALTH SCORE

Seared Sesame Tuna with Orange Sauce

 Dairy Free  Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**460 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce bluefin tuna steaks (3/)
- 0.3 teaspoon pepper black
- 0.5 teaspoon bottled garlic minced
- 0.5 teaspoon bottled ginger fresh minced
- 2 teaspoons cornstarch
- 0.7 cup couscous uncooked
- 1 teaspoon sesame oil dark
- 1 tablespoon flour all-purpose

- 1 tablespoon honey
- 1 tablespoon soya sauce low-sodium
- 0.5 cup orange juice fresh (2 oranges)
- 0.5 teaspoon salt divided
- 0.3 cup sesame seed
- 1 cup water
- 1 tablespoon water

Equipment

- frying pan
- sauce pan
- whisk

Directions

- Bring 1 cup water and 1/4 teaspoon salt to a boil in a medium saucepan; gradually stir in couscous.
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- While the couscous stands, heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Combine the sesame seeds, flour, 1/4 teaspoon of salt, and black pepper. Dredge both sides of tuna steaks in the sesame seed mixture.
- Add the fish to pan, and cook 4 minutes on each side or until desired degree of doneness.
- Remove the fish from pan, and keep warm.
- While the fish cooks, combine the orange juice and the next 5 ingredients (orange juice through garlic) in a small saucepan, and bring to a boil over medium-high heat.
- Combine 1 tablespoon water and cornstarch, stirring with a whisk until smooth.
- Add the cornstarch mixture to the pan, and cook for 2 minutes or until the sauce is thickened, stirring frequently.
- Serve the fish with the couscous and sauce.

Nutrition Facts

PROTEIN 40.58% FAT 28.42% CARBS 31%

Properties

Glycemic Index:89.07, Glycemic Load:18.98, Inflammation Score:-10, Nutrition Score:35.508695649064%

Flavonoids

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 Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 460.48kcal (23.02%), Fat: 14.28g (21.97%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 35.04g (11.68%), Net Carbohydrates: 32.27g (11.74%), Sugar: 6.99g (7.76%), Cholesterol: 64.64mg (21.55%), Sodium: 508.94mg (22.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.88g (91.76%), Vitamin B12: 16.04µg (267.34%), Selenium: 66.17µg (94.52%), Vitamin B3: 16.45mg (82.23%), Vitamin A: 3776.8IU (75.54%), Vitamin D: 9.7µg (64.64%), Phosphorus: 555.67mg (55.57%), Vitamin B6: 0.91mg (45.49%), Vitamin B1: 0.58mg (38.46%), Magnesium: 138.63mg (34.66%), Copper: 0.64mg (31.81%), Vitamin B2: 0.5mg (29.64%), Manganese: 0.55mg (27.42%), Vitamin B5: 2.25mg (22.46%), Iron: 3.67mg (20.38%), Vitamin C: 15.75mg (19.09%), Potassium: 608.05mg (17.37%), Zinc: 2.08mg (13.84%), Calcium: 121.01mg (12.1%), Vitamin E: 1.77mg (11.81%), Fiber: 2.77g (11.06%), Folate: 32.97µg (8.24%)