



HEALTH SCORE

84%

Seared Tuna and Radish Salad with Wasabi Dressing



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



24 ounce sushi-grade tuna steaks



1 cup torn bibb lettuce



1 teaspoon canola oil



2 tablespoons cilantro leaves fresh chopped



2 tablespoons mint leaves fresh chopped



0.5 teaspoon kosher salt



1 tablespoon juice of lemon fresh

- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 tablespoon mirin sweet (rice wine)
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- ☐ 2 tablespoons radish sprouts
- ☐ 4 ounces radishes thinly sliced
- ☐ 1 tablespoon rice vinegar
- ☐ 3 tablespoons silken tofu
- ☐ 0.5 cup snow peas fresh
- ☐ 1.5 tablespoons wasabi powder
- ☐ 5 tablespoons water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

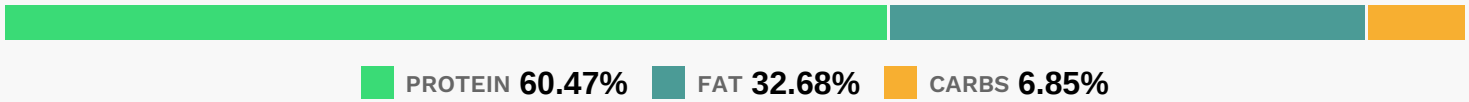
Directions

- ☐ To prepare salad, cook snow peas in boiling water 3 minutes or until crisp-tender.
- ☐ Drain and rinse with cold water; drain. Thinly slice snow peas crosswise.
- ☐ Combine peas and next 7 ingredients (through 1 1/2 tablespoons mirin) in a medium bowl; set aside.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle the fish with salt.
- ☐ Add fish to the pan; cook 2 minutes on each side or until desired degree of doneness.
- ☐ Let stand 2 minutes.
- ☐ Cut into 1/4-inch-thick slices.
- ☐ To prepare dressing, combine tofu and next 4 ingredients (through 1 tablespoon mirin) in a food processor, and process until smooth. With processor on, slowly pour water through food chute; process until well blended.

☐

Serve fish over salad; drizzle with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:32.423912773962%

Flavonoids

Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg Eriodictyol: 1.23mg, Eriodictyol: 1.23mg, Eriodictyol: 1.23mg, Eriodictyol: 1.23mg Hesperetin: 1.61mg, Hesperetin: 1.61mg, Hesperetin: 1.61mg, Hesperetin: 1.61mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 293.55kcal (14.68%), Fat: 9.96g (15.32%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 3.39g (1.23%), Sugar: 1.52g (1.69%), Cholesterol: 64.64mg (21.55%), Sodium: 372.68mg (16.2%), Alcohol: 1.51g (100%), Alcohol %: 0.66% (100%), Protein: 41.47g (82.94%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.62µg (89.46%), Vitamin A: 4412.19IU (88.24%), Vitamin B3: 15.22mg (76.11%), Vitamin D: 9.7µg (64.64%), Phosphorus: 468.46mg (46.85%), Vitamin B6: 0.86mg (42.96%), Vitamin B1: 0.46mg (30.96%), Vitamin B2: 0.48mg (28.12%), Magnesium: 103.62mg (25.91%), Vitamin C: 19.41mg (23.52%), Vitamin B5: 2.03mg (20.3%), Potassium: 613.33mg (17.52%), Vitamin K: 17.55µg (16.72%), Iron: 2.57mg (14.26%), Vitamin E: 1.97mg (13.1%), Copper: 0.22mg (11.07%), Folate: 36.97µg (9.24%), Zinc: 1.33mg (8.84%), Manganese: 0.16mg (7.91%), Fiber: 1.3g (5.2%), Calcium: 48.17mg (4.82%)