



 **63%**
HEALTH SCORE

Seared-Tuna Salad with Coconut-Lime Dressing

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pound tuna steak
- 1 avocado sliced
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons brown sugar
- 1 tablespoon canola oil divided
- 1.5 cups cherry tomatoes halved
- 0.5 cup coconut milk

- 4 6-inch corn tortillas cut into thin strips ()
- 2 teaspoons fish sauce
- 3 green onions chopped
- 0.8 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 0.3 cup juice of lime fresh
- 8 cups salad greens mixed
- 1 teaspoon salt divided
- 2 teaspoons sesame oil

Equipment

- bowl
- frying pan
- whisk

Directions

- Combine tortilla strips, 1 teaspoon canola oil, cumin, 1/2 teaspoon salt, and red pepper in a small bowl, tossing well to coat.
- Heat remaining 1 tablespoon canola oil in a large nonstick skillet over medium-high heat.
- Add the tortilla strips; cook 5 minutes or until golden, stirring often.
- Remove and set aside.
- Sprinkle tuna with black pepper and remaining 1/2 teaspoon salt. Cook in the skillet over medium-high heat 3 to 4 minutes per side or to desired degree of doneness.
- Cut into thin strips.
- Combine coconut milk and next 4 ingredients in a small bowl with a wire whisk.
- Combine greens, tomatoes, and green onion in a large serving bowl.
- Add 1/2 cup dressing; toss well to coat. Divide salad evenly among 4 serving plates and top evenly with tuna, avocado, and tortilla croutons.
- Serve with remaining dressing, if desired.

Pour a German Riesling, such as the 2004 Joh. Jos. Prm "Wehlener Sonnenuhr" Riesling Kabinett.

Nutrition Facts

PROTEIN 33.37% **FAT 47.38%** **CARBS 19.25%**

Properties

Glycemic Index:72.13, Glycemic Load:6.34, Inflammation Score:-10, Nutrition Score:42.899565219879%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 526.58kcal (26.33%), Fat: 28.24g (43.45%), Saturated Fat: 9.24g (57.77%), Carbohydrates: 25.81g (8.6%), Net Carbohydrates: 20.02g (7.28%), Sugar: 4.49g (4.99%), Cholesterol: 64.64mg (21.55%), Sodium: 932.04mg (40.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.75g (89.5%), Vitamin B12: 16.05µg (267.58%), Vitamin A: 5124.25IU (102.48%), Selenium: 64.88µg (92.68%), Vitamin B3: 17.07mg (85.36%), Vitamin D: 9.7µg (64.64%), Phosphorus: 621.95mg (62.2%), Vitamin B6: 1.11mg (55.25%), Vitamin C: 42.98mg (52.09%), Magnesium: 155.4mg (38.85%), Vitamin B1: 0.53mg (35.36%), Vitamin B2: 0.58mg (33.84%), Vitamin K: 33.93µg (32.31%), Potassium: 1107.11mg (31.63%), Manganese: 0.63mg (31.63%), Vitamin B5: 2.76mg (27.64%), Vitamin E: 3.9mg (26.01%), Iron: 4.61mg (25.6%), Folate: 95.24µg (23.81%), Fiber: 5.8g (23.18%), Copper: 0.45mg (22.33%), Zinc: 2.17mg (14.43%), Calcium: 78.47mg (7.85%)