



HEALTH SCORE

56%

Seared Tuna Steaks with Wasabi-Green Onion Mayonnaise



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounce tuna steaks (preferably ahi; each)
- ☐ 2 tablespoons green onions minced (white and green parts)
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons teriyaki sauce
- ☐ 1 tablespoon unseasoned rice vinegar
- ☐ 4 servings vegetable oil

☐ 1 teaspoon wasabi paste ()

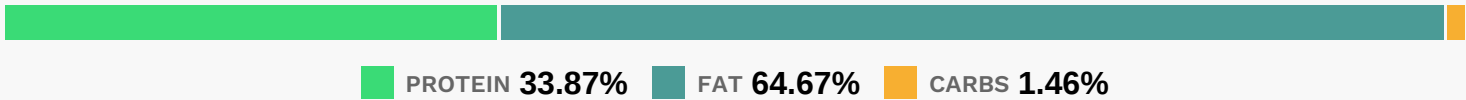
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Whisk first 3 ingredients in small bowl to blend, adding more wasabi paste if desired. Cover and refrigerate.
- ☐ Whisk teriyaki sauce, soy sauce, and rice vinegar in small bowl to blend.
- ☐ Place tuna steaks in resealable plastic bag.
- ☐ Add teriyaki mixture; seal bag. Turn bag to coat.
- ☐ Let stand at room temperature 30 minutes, turning bag occasionally.
- ☐ Brush grill with vegetable oil. Prepare barbecue (medium-high heat).
- ☐ Drain tuna steaks. Grill tuna to desired doneness, about 4 minutes per side for medium. Top each tuna steak with about 2 tablespoons wasabi mayonnaise and serve.
- ☐ Wasabi paste can be found in the Asian foods section or at the sushi counter of most supermarkets

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:38.878260830174%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 654.5kcal (32.72%), Fat: 46.08g (70.89%), Saturated Fat: 8.26g (51.65%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.11g (0.77%), Sugar: 1.58g (1.75%), Cholesterol: 97.94mg (32.65%), Sodium: 863.09mg (37.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.3g (108.6%), Vitamin B12: 21.42µg (357.01%), Selenium: 83.6µg (119.43%), Vitamin A: 4999.51IU (99.99%), Vitamin B3: 19.94mg (99.72%), Vitamin D: 12.98µg (86.56%), Vitamin K: 77.6µg (73.9%), Phosphorus: 603.92mg (60.39%), Vitamin B6: 1.06mg (52.87%), Vitamin B1: 0.56mg (37.2%), Vitamin B2: 0.59mg (34.8%), Magnesium: 122.47mg (30.62%), Vitamin E: 4.35mg (28.99%), Vitamin B5: 2.48mg (24.78%), Potassium: 622.38mg (17.78%), Iron: 2.69mg (14.96%), Copper: 0.22mg (11.01%), Zinc: 1.46mg (9.76%), Manganese: 0.07mg (3.52%), Calcium: 27.53mg (2.75%), Folate: 9.61µg (2.4%), Vitamin C: 1.09mg (1.32%)