



Seared Tuna with Avocado



Gluten Free



Dairy Free



Popular

READY IN



16 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 jalapeño chiles hot minced seeded (if very , use only 1 chile)
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 4 garlic cloves minced
- ☐ 4 Tbsp juice of lime juicy freshly squeezed (from 2 to 4 limes, depending on how your limes are)
- ☐ 0.3 cup soya sauce gluten-free (use soy sauce if you need to avoid gluten)
- ☐ 1 tablespoons sugar
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 1 teaspoon sesame oil dark
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons canola oil
- ☐ 24 ounce blocks sashimi-quality tuna
- ☐ 2 avocados pitted ripe peeled halved sliced

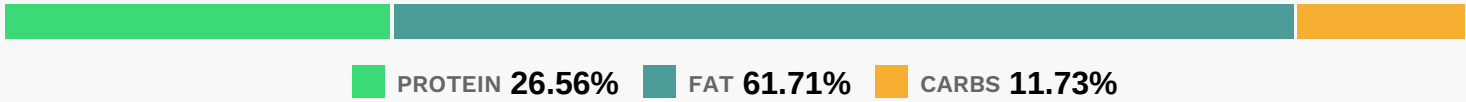
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ In a bowl, combine the cilantro, jalapeño, ginger, garlic, lime juice, soy sauce, sugar, salt, sesame oil and olive oil. If you want, you can purée the sauce in a blender or food processor.
- ☐ Heat a large skillet on high heat for one minute. Coat the pan with the canola oil and let heat up for 30 to 45 seconds.
- ☐ Sprinkle the tuna pieces with salt. Sear the tuna for a minute on each side.
- ☐ Transfer the seared tuna to a bowl and coat with some of the sauce.
- ☐ Pour some sauce on the plates, top with the tuna and serve with the sliced avocado and a wedge of lime.

Nutrition Facts



Properties

Glycemic Index:66.52, Glycemic Load:3.43, Inflammation Score:-7, Nutrition Score:30.639130260633%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate:

0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 540.86kcal (27.04%), Fat: 37.99g (58.45%), Saturated Fat: 5.06g (31.64%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 8.89g (3.23%), Sugar: 4.64g (5.15%), Cholesterol: 61.24mg (20.41%), Sodium: 1462.22mg (63.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.79g (73.59%), Selenium: 116.42µg (166.31%), Vitamin B3: 19.57mg (97.84%), Vitamin B12: 4.37µg (72.86%), Vitamin B6: 0.92mg (46.12%), Vitamin E: 6.17mg (41.14%), Vitamin K: 42.5µg (40.48%), Phosphorus: 321.24mg (32.12%), Vitamin C: 24.5mg (29.7%), Fiber: 7.36g (29.43%), Potassium: 901.19mg (25.75%), Folate: 96.81µg (24.2%), Iron: 4.08mg (22.66%), Magnesium: 81.2mg (20.3%), Vitamin B2: 0.32mg (18.54%), Manganese: 0.36mg (18.03%), Vitamin B5: 1.8mg (17.99%), Copper: 0.33mg (16.44%), Vitamin D: 2.04µg (13.61%), Zinc: 1.93mg (12.86%), Vitamin B1: 0.14mg (9.64%), Vitamin A: 462.42IU (9.25%), Calcium: 57.42mg (5.74%)