

150 OF
AMERICA'S
FAVORITE
COMFORT
FOODS
ALL UNDER
350 CALORIES



HEALTH SCORE

100%

Seared Tuna with Green Beans, Lemon and Wasabi



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces ahi tuna steak
- 3 tablespoons sesame seeds black
- 1 garlic clove minced
- 12 ounces haricots verts trimmed
- 1 juice of lemon grated
- 4 servings pepper black freshly ground
- 4 spring onion white green sliced thin (and parts)

- 2 tablespoons wasabi paste

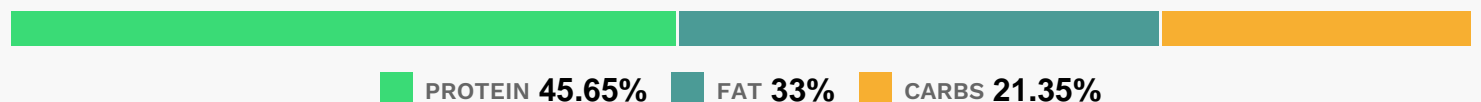
Equipment

- bowl
- whisk
- pot
- grill
- grill pan

Directions

- Bring a large pot of salted water to a boil. Preheat a grill or grill pan over high heat.
- Season the tuna steaks with salt and pepper to taste, and spray them lightly with cooking spray. When the grill is hot, add the tuna and cook for 1 1/2 minutes per side for medium-rare.
- Transfer the tuna to a platter and allow it to rest, uncovered, for 5 minutes.
- Meanwhile, cook the haricots verts in the boiling water until they are just tender, about 3 minutes; drain.
- In a medium bowl, whisk together the lemon juice and zest, garlic, and wasabi paste.
- Add the haricots verts, scallions, and sesame seeds. Toss to coat, adding salt and pepper to taste.
- Thinly slice the tuna. Fan each portion onto each of 4 plates. Pile a mound of dressed haricots verts on top of the tuna, and serve.
- Taste
- Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:2.18, Inflammation Score:-9, Nutrition Score:26.996521618055%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 198.25kcal (9.91%), Fat: 7.43g (11.43%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 6.85g (2.49%), Sugar: 3.27g (3.63%), Cholesterol: 32.32mg (10.77%), Sodium: 42.35mg (1.84%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 23.13g (46.25%), Vitamin B12: 8.02µg (133.67%), Vitamin K: 61.59µg (58.65%), Vitamin A: 2567.31IU (51.35%), Selenium: 33.81µg (48.3%), Vitamin B3: 8.39mg (41.94%), Vitamin D: 4.85µg (32.32%), Phosphorus: 298.43mg (29.84%), Vitamin B6: 0.6mg (29.76%), Magnesium: 93.23mg (23.31%), Vitamin C: 18.91mg (22.92%), Vitamin B1: 0.34mg (22.8%), Manganese: 0.42mg (20.94%), Copper: 0.4mg (20.16%), Vitamin B2: 0.34mg (19.82%), Iron: 2.9mg (16.11%), Fiber: 3.96g (15.86%), Potassium: 509.64mg (14.56%), Calcium: 117.26mg (11.73%), Folate: 46.16µg (11.54%), Vitamin B5: 1.13mg (11.31%), Zinc: 1.36mg (9.08%), Vitamin E: 1.29mg (8.62%)