



Seared Tuna with Japanese Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1052 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tuna steaks thick (big eye, yellowfin, or albacore;)
- ☐ 6 slices avocado peeled (3 to 4 oz. total)
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic minced pressed
- ☐ 2 tablespoons green onion finely chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup sake
- ☐ 2 servings salt and pepper

- ☐ 2 tablespoons soya sauce
- ☐ 0.8 cup tomatoes finely chopped
- ☐ 2 teaspoons vegetable oil

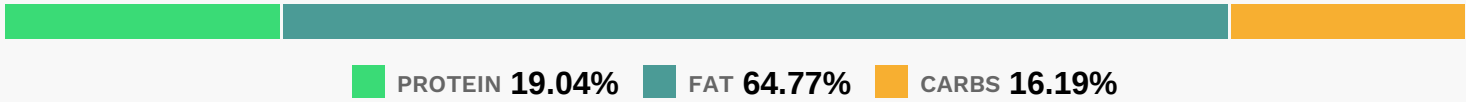
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Rinse tuna; pat dry.
- ☐ Spread garlic on both sides of steaks; sprinkle with salt and pepper.
- ☐ Pour oil into an 8- to 10-inch nonstick frying pan over medium-high heat. When hot, add tuna. Cook, turning once, until lightly browned on both sides, about 1 minute per side.
- ☐ Pour sake and 1 tablespoon soy sauce around steaks; remove from heat.
- ☐ Let cool, turning fish often.
- ☐ Meanwhile, in a small bowl, mix tomatoes, green onion, cilantro, lemon juice, and remaining tablespoon soy sauce.
- ☐ Lift tuna from sake mixture, reserving juices.
- ☐ Cut fish across the grain into 1/4-inch-thick slices and lay on plates.
- ☐ Garnish with the salsa and avocado slices. If desired, spoon pan juices equally over tuna (otherwise discard).

Nutrition Facts



Properties

Glycemic Index:93.5, Glycemic Load:4.14, Inflammation Score:-10, Nutrition Score:67.281739069068%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg,

Epigallocatechin 3–gallate: 0.66mg, Epigallocatechin 3–gallate: 0.66mg 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: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 1052.29kcal (52.61%), Fat: 77.38g (119.05%), Saturated Fat: 12.18g (76.1%), Carbohydrates: 43.5g (14.5%), Net Carbohydrates: 13.12g (4.77%), Sugar: 5.01g (5.57%), Cholesterol: 64.6mg (21.53%), Sodium: 1301.01mg (56.57%), Alcohol: 4.83g (100%), Alcohol %: 0.84% (100%), Protein: 51.19g (102.38%), Vitamin B12: 16.03µg (267.18%), Fiber: 30.38g (121.5%), Vitamin B3: 23.43mg (117.14%), Vitamin K: 117.74µg (112.13%), Vitamin B6: 2.01mg (100.29%), Vitamin A: 4889.92IU (97.8%), Folate: 375.31µg (93.83%), Selenium: 64.62µg (92.32%), Vitamin B5: 8.02mg (80.17%), Potassium: 2762.17mg (78.92%), Vitamin E: 11.49mg (76.58%), Phosphorus: 703.38mg (70.34%), Vitamin C: 56.01mg (67.89%), Vitamin D: 9.69µg (64.6%), Vitamin B2: 1.04mg (61.29%), Magnesium: 229.25mg (57.31%), Copper: 1.05mg (52.48%), Vitamin B1: 0.74mg (49.51%), Manganese: 0.84mg (41.9%), Iron: 4.88mg (27.1%), Zinc: 4.05mg (26.98%), Calcium: 84.59mg (8.46%)