



WHATSheATE



Sesame-Crusted Tuna with Ginger-Peanut Rice

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons bottled ginger fresh minced
- ☐ 0.3 cup green onions sliced
- ☐ 2 tablespoons green onions sliced
- ☐ 3 tablespoons soya sauce low-sodium divided
- ☐ 1 tablespoon thai peanut sauce
- ☐ 3.5 ounce boil-in-bag rice long-grain
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon sesame oil
- ☐ 0.3 cup sesame seed toasted
- ☐ 24 ounce yellowfin tuna steaks (3/)

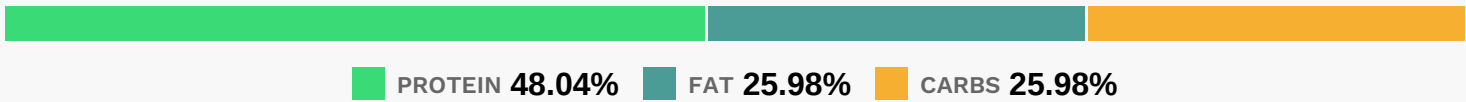
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare rice, cook rice according to package directions, omitting salt and fat. Stir in 1/4 cup onions, peanut sauce, ginger, and 1/4 teaspoon salt; keep warm.
- ☐ To prepare tuna, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Combine tuna and 2 tablespoons soy sauce in a bowl, tossing gently to coat.
- ☐ Sprinkle tuna with 1/4 teaspoon salt. Dredge edges of tuna in sesame seeds.
- ☐ Add tuna to pan, and cook 3 minutes on each side or until desired degree of doneness.
- ☐ Serve tuna over rice.
- ☐ Drizzle with 1 tablespoon soy sauce; sprinkle with 2 tablespoons onions.

Nutrition Facts



Properties

Glycemic Index:43.8, Glycemic Load:12.65, Inflammation Score:-7, Nutrition Score:29.901304390119%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 400.1kcal (20%), Fat: 11.3g (17.38%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 25.43g (8.48%), Net Carbohydrates: 23.25g (8.46%), Sugar: 1.04g (1.15%), Cholesterol: 66.34mg (22.11%), Sodium: 710.49mg (30.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.01g (94.01%), Selenium: 162.29µg (231.84%), Vitamin B3: 32.63mg (163.17%), Vitamin B6: 1.76mg (87.76%), Phosphorus: 604.21mg (60.42%), Vitamin B12: 3.54µg (58.97%),

Manganese: 0.67mg (33.39%), Copper: 0.65mg (32.27%), Magnesium: 120.82mg (30.2%), Potassium: 915.33mg (26.15%), Vitamin B1: 0.33mg (21.83%), Iron: 3.64mg (20.23%), Vitamin D: 2.89µg (19.28%), Vitamin K: 19.82µg (18.88%), Vitamin B2: 0.28mg (16.22%), Calcium: 146.37mg (14.64%), Zinc: 2.01mg (13.39%), Fiber: 2.17g (8.69%), Vitamin B5: 0.78mg (7.84%), Folate: 28.99µg (7.25%), Vitamin E: 0.62mg (4.15%), Vitamin A: 195.41IU (3.91%), Vitamin C: 1.86mg (2.26%)