



Sesame-Crusted Tuna with Summer Salsa

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



2

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce tuna steaks ()
- 1 avocado diced
- 2 teaspoons canola oil
- 0.3 teaspoon ground ginger
- 1 tablespoon juice of lime
- 1 mangos diced peeled seeded
- 2 servings salt and pepper black freshly ground to taste
- 0.3 cup sesame seed toasted

0.3 teaspoon wasabi powder

Equipment

bowl

grill

Directions

Preheat grill for medium heat. Lightly oil grate.

Mix together the avocado, mango, lime juice, ground ginger, and wasabi powder in a bowl. Season to taste with salt and pepper. Set aside until ready to serve.

Spread the sesame seeds over the bottom of a shallow dish.

Brush the tuna steaks with the canola oil, and dip into the sesame seeds, evenly coating both sides.

Place tuna steaks on prepared grill. Cook until fish turns opaque, turning once, about 4 minutes for 1 inch thick steaks.

Serve immediately with summer salsa and additional wasabi on the side.

Nutrition Facts



PROTEIN 23.58% **FAT 55.23%** **CARBS 21.19%**

Properties

Glycemic Index:79.38, Glycemic Load:8.69, Inflammation Score:-10, Nutrition Score:42.692173584648%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg 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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 532.09kcal (26.6%), Fat: 34.06g (52.39%), Saturated Fat: 5.27g (32.93%), Carbohydrates: 29.4g (9.8%), Net Carbohydrates: 18.7g (6.8%), Sugar: 15.03g (16.71%), Cholesterol: 43.09mg (14.36%), Sodium: 54.62mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.71g (65.42%), Vitamin B12: 10.69µg (178.22%), Vitamin A: 3748.18IU (74.96%), Selenium: 49.02µg (70.02%), Vitamin B3: 13.14mg (65.69%), Vitamin C: 50.03mg (60.64%), Copper: 1.17mg (58.67%), Vitamin B6: 1.05mg (52.53%), Phosphorus: 474.45mg (47.44%), Vitamin D: 6.46µg (43.09%), Fiber: 10.7g (42.81%), Magnesium: 163.4mg (40.85%), Manganese: 0.78mg (39.2%), Folate: 147.19µg (36.8%), Vitamin B1: 0.52mg (34.68%), Vitamin E: 4.91mg (32.73%), Potassium: 1048.93mg (29.97%), Vitamin B2: 0.5mg (29.58%), Vitamin B5: 2.82mg (28.17%), Vitamin K: 28.51µg (27.16%), Iron: 4.67mg (25.95%), Calcium: 217.27mg (21.73%), Zinc: 2.89mg (19.25%)