



 **100%**
HEALTH SCORE

Sesame-crusted Tuna with Teriyaki Stir-Fry

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

READY IN



45 min.

SERVINGS



4

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce ahi tuna steaks
- 0.3 cup sesame seed black
- 2 carrots cut into julienne strips
- 4 servings rice hot cooked
- 1 tablespoon sesame oil dark
- 0.5 pound napa cabbage thinly sliced
- 1 onion halved thinly sliced
- 1 bell pepper red thinly sliced

- 0.5 pound cabbage red thinly sliced
- 0.3 cup sesame seed
- 8 ounces snow peas
- 4 servings chili sauce sweet
- 4 servings teriyaki stir-fry sauce

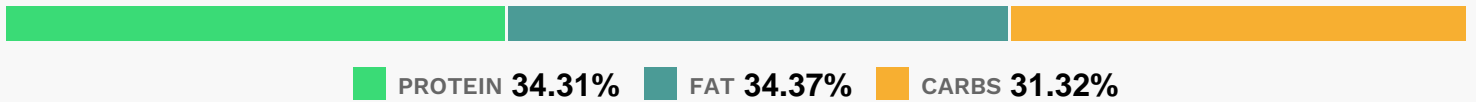
Equipment

- frying pan
- sauce pan
- wok

Directions

- Combine sesame seeds on a plate; evenly coat both sides of tuna steaks.
- Heat a large, heavy skillet over high heat until very hot. Sear tuna 1 minute per side for rare, 3 minutes per side for medium-rare.
- Remove from heat, and set aside.
- Heat sesame oil in a large wok or saucepan over high heat.
- Add vegetables, and stir-fry about 2 minutes or just until crisp-tender.
- Add Teriyaki Stir-Fry Sauce to taste.
- Slice tuna steaks in half, and serve with rice and teriyaki vegetables.
- Drizzle with sweet chili sauce.

Nutrition Facts



Properties

Glycemic Index:87.21, Glycemic Load:27.91, Inflammation Score:-10, Nutrition Score:54.493043567823%

Flavonoids

Cyanidin: 118.97mg, Cyanidin: 118.97mg, Cyanidin: 118.97mg, Cyanidin: 118.97mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 570.67kcal (28.53%), Fat: 21.88g (33.67%), Saturated Fat: 4.1g (25.61%), Carbohydrates: 44.88g (14.96%), Net Carbohydrates: 37.05g (13.47%), Sugar: 9.81g (10.91%), Cholesterol: 64.64mg (21.55%), Sodium: 163.51mg (7.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.16g (98.32%), Vitamin B12: 16.04µg (267.34%), Vitamin A: 11171.64IU (223.43%), Vitamin C: 123.56mg (149.77%), Selenium: 75.75µg (108.21%), Vitamin B3: 17.32mg (86.61%), Vitamin B6: 1.5mg (74.95%), Manganese: 1.36mg (67.8%), Phosphorus: 675.38mg (67.54%), Vitamin D: 9.7µg (64.64%), Vitamin K: 66.23µg (63.07%), Copper: 1.07mg (53.58%), Vitamin B1: 0.77mg (51.15%), Magnesium: 200.98mg (50.25%), Vitamin B2: 0.65mg (38.09%), Iron: 6.72mg (37.36%), Potassium: 1132.94mg (32.37%), Folate: 127.56µg (31.89%), Calcium: 316.6mg (31.66%), Fiber: 7.83g (31.31%), Vitamin B5: 2.89mg (28.92%), Zinc: 3.46mg (23.1%), Vitamin E: 2.86mg (19.05%)