

 **53%**
HEALTH SCORE

Sesame-Crusted Tuna with Wasabi-Ponzu Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks (3/)
- ☐ 2 tablespoons sesame seed black
- ☐ 1 teaspoon brown sugar
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 tablespoon green onions chopped
- ☐ 2 teaspoons honey
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 1 teaspoon lemon rind grated
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sesame seed
- ☐ 2 teaspoons vegetable oil
- ☐ 1.3 teaspoons wasabi paste prepared

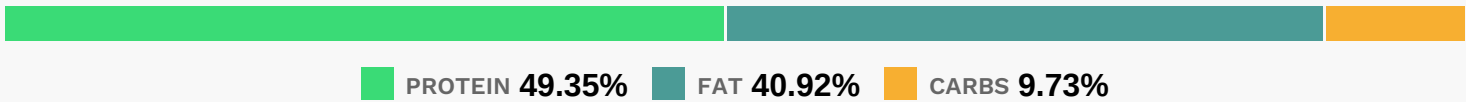
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 10 ingredients, stirring with a whisk.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle tuna with salt.
- ☐ Combine sesame seeds in a shallow dish. Dredge tuna in sesame seeds.
- ☐ Add tuna to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Garnish with green onions, if desired.
- ☐ Serve tuna with sauce.

Nutrition Facts



Properties

Glycemic Index:67.82, Glycemic Load:2.4, Inflammation Score:-10, Nutrition Score:33.07608703945%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 349.04kcal (17.45%), Fat: 15.62g (24.03%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 8.36g (2.79%), Net Carbohydrates: 6.87g (2.5%), Sugar: 4.76g (5.28%), Cholesterol: 64.64mg (21.55%), Sodium: 501.99mg (21.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.38g (84.76%), Vitamin B12: 16.04µg (267.34%), Selenium: 65.65µg (93.79%), Vitamin B3: 15.33mg (76.65%), Vitamin A: 3747.02IU (74.94%), Vitamin D: 9.7µg (64.64%), Phosphorus: 512.25mg (51.22%), Vitamin B6: 0.88mg (43.92%), Vitamin B1: 0.5mg (33.59%), Magnesium: 128.63mg (32.16%), Copper: 0.57mg (28.49%), Vitamin B2: 0.48mg (28.16%), Iron: 3.39mg (18.82%), Vitamin B5: 1.85mg (18.53%), Manganese: 0.32mg (16.13%), Potassium: 542.33mg (15.5%), Vitamin E: 1.96mg (13.07%), Zinc: 1.91mg (12.71%), Calcium: 119.79mg (11.98%), Vitamin C: 6.84mg (8.29%), Vitamin K: 7.25µg (6.91%), Fiber: 1.49g (5.97%), Folate: 21.11µg (5.28%)