

food
network

 100%
HEALTH SCORE

Sesame Encrusted Seared Tuna



Gluten Free



Dairy Free



Very Healthy

READY IN



68 min.

SERVINGS



1

CALORIES



899 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup asian marinade store-bought



1 tablespoon sesame seed black



1 bunch chives



1 cup rice white cooked



0.5 cup olive oil



1 cup julienne vegetables carrot, zucchini, squash



1 tablespoon scallions thinly sliced



6 ounce fillet sushi-grade yellowfin tuna

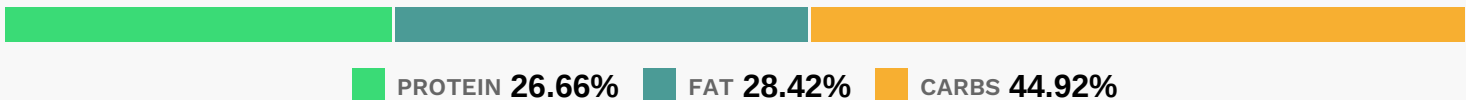
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Coat the tuna with the marinade and place in the refrigerator for 30 minutes.
- ☐ Add 1/2 cup of the olive oil to a medium saute pan and turn on medium-high heat. Julienne all of the vegetables and saute them quickly, 3 to 4 minutes. Set aside and keep warm. When the tuna is ready, take it out of the marinade and coat with the black sesame seeds.
- ☐ Pour another 1/2 cup of olive oil into a medium saute pan.
- ☐ Place on medium-high heat and sear tuna on both sides until golden brown.
- ☐ Let the tuna cool for 5 minutes. In a blender, blend the chives and remaining oil and strain.
- ☐ Place the strained mixture into the refrigerator until needed. To serve, mold the rice in a ramkin and place in center of the plate.
- ☐ Place the vegetables on top. Next, slice the tuna into 1-inch thick slices.
- ☐ Place them around the rice, making sure to overlap them just a bit. Spoon the chive oil around the plate and garnish with scallions.

Nutrition Facts



Properties

Glycemic Index:311, Glycemic Load:66.1, Inflammation Score:-10, Nutrition Score:53.425217918728%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 898.61kcal (44.93%), Fat: 29.07g (44.72%), Saturated Fat: 4.37g (27.31%), Carbohydrates: 103.34g (34.45%), Net Carbohydrates: 84.77g (30.82%), Sugar: 0.32g (0.35%), Cholesterol: 66.34mg (22.11%), Sodium: 277.25mg (12.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.35g (122.7%), Vitamin A: 21592.62IU (431.85%), Selenium: 170.46µg (243.51%), Vitamin B3: 37.76mg (188.8%), Vitamin B6: 2.21mg (110.41%), Manganese: 2.01mg (100.36%), Phosphorus: 842.64mg (84.26%), Fiber: 18.58g (74.3%), Vitamin B12: 3.54µg (58.97%), Vitamin C: 46.99mg (56.95%), Vitamin B1: 0.81mg (54.18%), Magnesium: 209.92mg (52.48%), Potassium: 1758.89mg (50.25%), Copper: 0.9mg (44.87%), Iron: 7.04mg (39.11%), Folate: 145.33µg (36.33%), Vitamin B2: 0.6mg (35.36%), Vitamin K: 34.11µg (32.49%), Zinc: 3.95mg (26.35%), Vitamin E: 3.64mg (24.29%), Calcium: 213.47mg (21.35%), Vitamin D: 2.89µg (19.28%), Vitamin B5: 1.8mg (17.96%)