



## Sesame Seared Tuna

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

READY IN



20 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 ounce tuna steaks
- 1 tablespoon honey
- 1 tablespoon mirin sweet (Japanese wine)
- 1 tablespoon olive oil
- 1 tablespoon rice wine vinegar
- 2 tablespoons sesame oil
- 0.5 cup sesame seed
- 0.3 cup soya sauce

4 servings wasabi paste

## Equipment

bowl

frying pan

## Directions

In a small bowl, stir together the soy sauce, mirin, honey and sesame oil. Divide into two equal parts. Stir the rice vinegar into one part and set aside as a dipping sauce.

Spread the sesame seeds out on a plate. Coat the tuna steaks with the remaining soy sauce mixture, then press into the sesame seeds to coat.

Heat olive oil in a cast iron skillet over high heat until very hot.

Place steaks in the pan, and sear for about 30 seconds on each side.

Serve with the dipping sauce and wasabi paste.

## Nutrition Facts

  
**PROTEIN 37.11%** **FAT 52.56%** **CARBS 10.33%**

## Properties

Glycemic Index:38.07, Glycemic Load:3.12, Inflammation Score:-10, Nutrition Score:36.819565544958%

## Nutrients (% of daily need)

Calories: 482.27kcal (24.11%), Fat: 28.19g (43.38%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 9.73g (3.54%), Sugar: 5.61g (6.24%), Cholesterol: 64.64mg (21.55%), Sodium: 912.09mg (39.66%), Alcohol: 0.43g (100%), Alcohol %: 0.23% (100%), Protein: 44.79g (89.58%), Vitamin B12: 16.04µg (267.34%), Selenium: 68.71µg (98.16%), Vitamin B3: 16.18mg (80.92%), Vitamin A: 3716.66IU (74.33%), Vitamin D: 9.7µg (64.64%), Phosphorus: 573.2mg (57.32%), Vitamin B6: 0.97mg (48.3%), Copper: 0.94mg (47.06%), Magnesium: 160.26mg (40.06%), Vitamin B1: 0.57mg (38.22%), Vitamin B2: 0.5mg (29.59%), Manganese: 0.59mg (29.25%), Iron: 4.9mg (27.24%), Calcium: 206.31mg (20.63%), Vitamin B5: 1.87mg (18.7%), Zinc: 2.63mg (17.53%), Potassium: 578.38mg (16.53%), Vitamin E: 2.35mg (15.67%), Fiber: 2.73g (10.92%), Folate: 25.2µg (6.3%), Vitamin K: 3.06µg (2.91%), Vitamin C: 2.12mg (2.57%)