



WHATSheATE



HEALTH SCORE

65%

Sesame Tuna with Edamame and Soba



Gluten Free



Dairy Free



Very Healthy

READY IN



27 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



24 ounce albacore tuna steaks



1 tablespoon sesame seed black



2 teaspoons canola oil



1 tablespoon sesame oil dark



1 cup edamame green frozen shelled (soybeans)



0.3 cup cilantro leaves fresh chopped



0.5 teaspoon kosher salt



1.5 tablespoons juice of lime fresh

- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 4 servings napa cabbage slaw
- ☐ 4 ounces soba (Japanese buckwheat noodles)
- ☐ 1.5 tablespoons chili sauce sweet
- ☐ 1 tablespoon sesame seed white

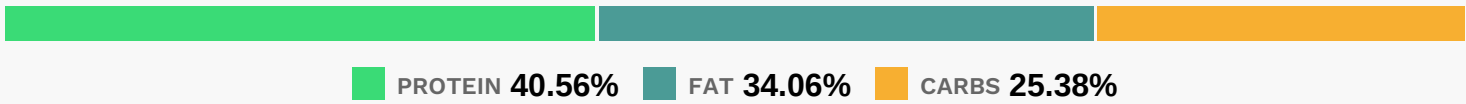
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook soba noodles according to package directions, omitting salt and fat; add edamame for last 3 minutes. Rinse with warm water; drain well.
- ☐ Combine 2 tablespoons soy sauce, lime juice, chili sauce, and sesame oil in a medium bowl.
- ☐ Add soba mixture and cilantro; keep warm.
- ☐ Combine white and black sesame seeds in a shallow dish. Coat tuna with cooking spray, and sprinkle evenly with salt. Coat both sides of each steak with sesame seeds, pressing gently to adhere.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add steaks to pan; cook for 3 minutes on each side or until desired degree of doneness. Slice tuna thinly against grain.
- ☐ Serve with noodles.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:9.24, Inflammation Score:-10, Nutrition Score:35.882608527723%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 478.21kcal (23.91%), Fat: 18.09g (27.84%), Saturated Fat: 3.27g (20.47%), Carbohydrates: 30.35g (10.12%), Net Carbohydrates: 25.38g (9.23%), Sugar: 4.22g (4.68%), Cholesterol: 64.64mg (21.55%), Sodium: 710.16mg (30.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.48g (96.96%), Vitamin B12: 16.04µg (267.34%), Selenium: 65.88µg (94.11%), Vitamin B3: 17.01mg (85.03%), Vitamin A: 3787.05IU (75.74%), Vitamin D: 9.7µg (64.64%), Phosphorus: 570.42mg (57.04%), Vitamin B6: 0.88mg (44.19%), Magnesium: 170.94mg (42.74%), Vitamin B2: 0.58mg (34.09%), Vitamin B1: 0.48mg (31.73%), Copper: 0.63mg (31.48%), Manganese: 0.53mg (26.72%), Iron: 4.08mg (22.64%), Potassium: 787.16mg (22.49%), Vitamin B5: 2.18mg (21.84%), Fiber: 4.96g (19.85%), Vitamin E: 2.18mg (14.54%), Zinc: 2.09mg (13.91%), Calcium: 93.02mg (9.3%), Folate: 21.28µg (5.32%), Vitamin K: 5.46µg (5.2%), Vitamin C: 2.23mg (2.7%)