




 **59%**
HEALTH SCORE

Teriyaki Tuna


 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN




60 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds sashimi grade tuna steaks
- 1 carrots grated
- 2 tablespoons olive oil extra virgin
- 4 servings ground pepper black to taste
- 1 optional: lemon
- 2 teaspoons sea salt
- 1 tablespoon sesame seed
- 0.5 cup teriyaki sauce

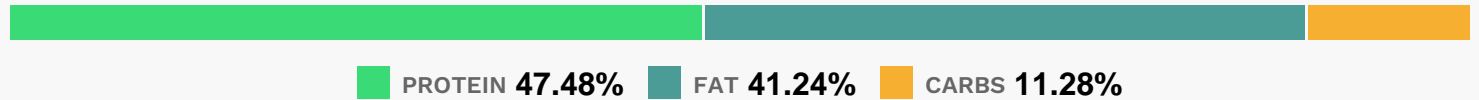
Equipment

- bowl
- frying pan

Directions

- Pour the teriyaki sauce into a shallow dish or bowl, and place tuna steaks in the sauce to marinate. Cover, and allow to marinate for about 45 minutes at room temperature. The steaks will cook more evenly if they are not cold.
- Heat olive oil in a large skillet over medium heat.
- Place tuna steaks in the hot oil, and pour in the teriyaki sauce. Squeeze juice from the lemon over the steaks, and sprinkle with sesame seeds. When the bottom is light brown, flip the steaks, and cook until browned on the other side. The center will still be slightly red. Season with sea salt and pepper.
- Place the tuna steaks onto serving plates, and garnish with grated carrots.
- Serve the pan drippings as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:1.03, Inflammation Score:-10, Nutrition Score:32.816087173379%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 364.65kcal (18.23%), Fat: 16.46g (25.32%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 8.65g (3.14%), Sugar: 6.48g (7.2%), Cholesterol: 64.64mg (21.55%), Sodium: 2619.32mg (113.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.62g (85.24%), Vitamin B12: 16.04µg (267.34%),

Vitamin A: 6267.55IU (125.35%), Selenium: 63.3µg (90.43%), Vitamin B3: 15.45mg (77.23%), Vitamin D: 9.7µg (64.64%), Phosphorus: 509.88mg (50.99%), Vitamin B6: 0.87mg (43.43%), Vitamin B1: 0.46mg (30.5%), Magnesium: 118.22mg (29.55%), Vitamin B2: 0.47mg (27.74%), Vitamin B5: 1.96mg (19.6%), Vitamin E: 2.86mg (19.04%), Vitamin C: 15.21mg (18.44%), Potassium: 606.7mg (17.33%), Iron: 2.9mg (16.14%), Copper: 0.28mg (14.15%), Zinc: 1.27mg (8.46%), Vitamin K: 6.39µg (6.09%), Manganese: 0.12mg (6.02%), Fiber: 1.48g (5.92%), Calcium: 55.39mg (5.54%), Folate: 14.11µg (3.53%)